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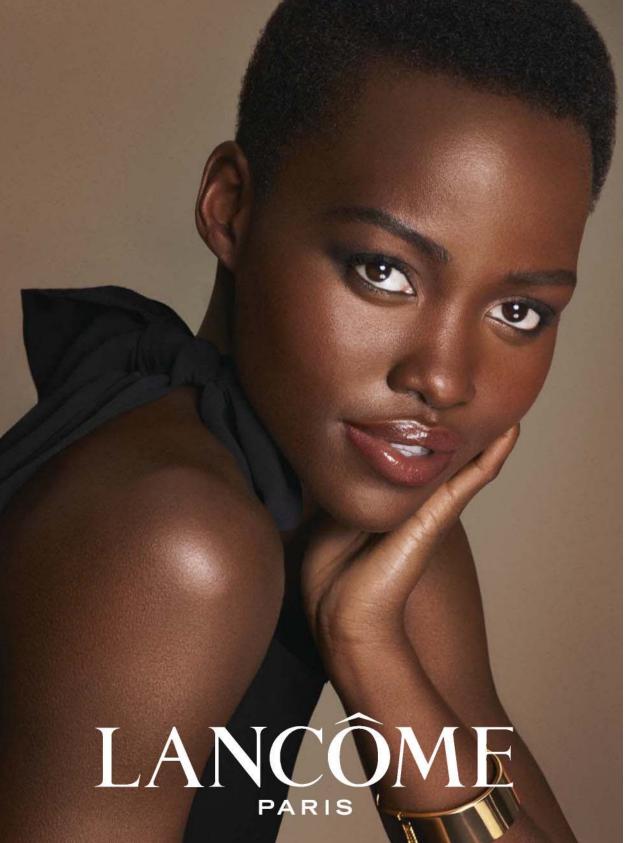
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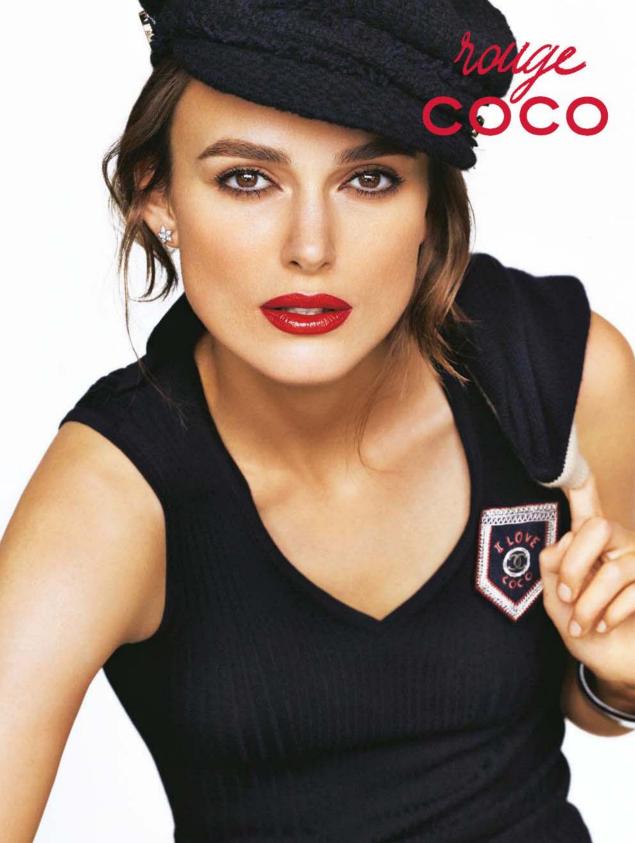
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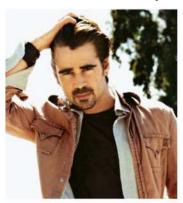
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cover look

ON THE COVER

Photograph by Matthias Vriens-McGrath Fashion Director Natalie Hartley Hair Christian Wood at The Wall Group Make-up Rachel Goodwin

at The Magnet Agency Manicure Tom Bachik at Cloutier Remix Dress Tom Ford; ring Dior; tights Calzedonia





Make-up Get Anna's gorgeous look, courtesy of Bourjois. One reader will win: Delice de Poudre in 51; Healthy Mix Foundation in 53; Push Up Mascara; So Laque Nail Polish in Noir de Chine; Rouge Edition Lipstick in Pretty In Nude; Little Round Pot Blush in Rose D'Or; Quad Eyeshadow in Grey and Night; Khôl & Contour Pencil



Hair One reader will win these Bumble & bumble products: Color Minded Shampoo: Styling Lotion: Hairdresser's Invisible Oil: Quenching Masque: Color Minded Conditioner; Classic Hairspray

How to enter For your chance to win, simply answer this question: In which film did Anna Kendrick star with George Clooney? Text GLAMOUR followed by your answer, name and email address to 83149[†]. Winner(s) will be selected at random after the closing date of May 3 2015 and will be notified within 28 days of the closing date. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above. For full terms and conditions, see glamourmagazine.co.uk/termsandconditions

†Texts will be charged at £1 plus your usual rate. Customer Services operated by GFM on 0800 13 83 246



EMPORIO ARMANI







Things Hearned while making this issue

The anecdotes and facts – some useful, some just amusing – that got me through a hectic month of putting together this issue while travelling to all the fashion shows. I hope you enjoy as much as I did!



It's a big year for 18 year olds

Maisie Williams (see p102) is just one of many fabulous things turning 18 this year. They include: the first Harry Potter book and films *Titanic* and *Austin Powers*. Also 18 years ago, Apple was just months away from bankruptcy. Then it launched

the campaign with the 'i' prefix in front of everything. The iMac was released and you know how it went from there.

I feel very strongly about the word 'feisty'

When we asked a group of great and good women to nominate the word they would ban (p97), it naturally got me thinking about which I would choose. This one, hands down. It's never used to describe men and it's only used to describe forthright women in a very patronising way. As someone on Twitter said to me, "You may as well compare me to Scrappy-Doo." Quite. What's yours? Tell me on Twitter: @jo_elvin



Anna Kendrick loves junk food...

There are countless reasons to love our cover star. Right now, I'm going with her unabashed passion for stodge. This is the girl who owns a custom-made Kraft gold macaroni necklace, after all. On our shoot, US fast-food giant Taco Bell was making a commercial in the studio next door, and sent her something called a sriracha quesarito to try. Of course she did.



..and the author Jon Ronson

For he wrote *The Psychopath Test*, the book Anna says changed her life: "If there's a person in my life that I'm like, yep, 100% [they're a psychopath], it helps to know. Because then there's no tactic I can take, no passive aggression, aggressive aggression, or reasoning. It's like, 'I just need to protect myself in this situation.' And then you're like, you know what I enjoy having? F***ing empathy. It's the bomb."



Street-style photographers are funny

Our Fashion Director, Natalie Hartley, is a firm favourite of the snappers on our trips to the international fashion capitals. While we were in Milan, one chased her down the street and complimented her on her look, asking if it was deliberate. She was puzzled, but said yes. About an hour later, she realised she'd been walking around with one of the

lenses from her orange sunglasses missing. She'd thought everything looked funny because she was a bit hungover.

No one is on the fence about the Kardashian-Wests

When we uploaded a pic to our Instagram of them backstage at the Wang show in New York and jokingly referred to them as "fashion royalty", people were very angry. I promise we won't make that joke again.





And finally: that the only person who has to like what you're wearing is you

Apparently, my love of my new Prada trousers — my biggest treat to myself in years — is not shared by everyone, as I learned when Natalie Hartley uploaded a pic of them to Instagram. But it was nice to realise that all I really care about is if / like what I'm wearing. A feel-good philosophy I recommend to all.



Enjoy the issue,

Jo Elvin, Editor

contact me at: editor@glamourmagazine.co.uk



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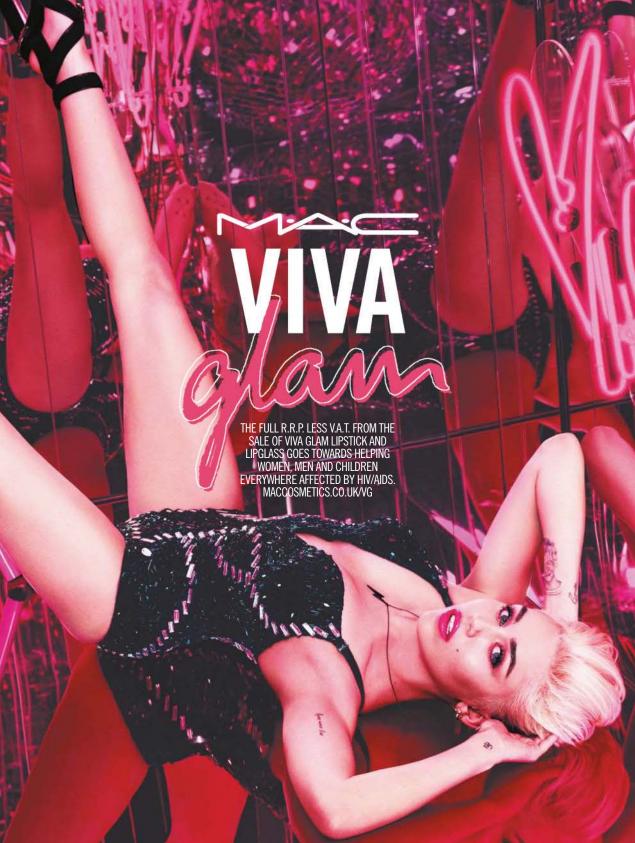
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Breaking taboos

Whether it was confronting abuse, dealing with illness or talking about therapy, our March issue inspired you to open up and share your own experiences





Star Letter

I felt so inspired by We Took On Our Abuser - And Won. Years ago, when I was a teenager, a man grabbed me inappropriately when I was walking my dog. At the time, I didn't realise that it wasn't OK for people to treat me like that and I didn't immediately do anything about it. It was only later, when I'd heard that other women had had the same experience, that I came forward. My testimony helped put the man in prison and I felt some justice was done. This article helped me realise that, sadly, there are so many women (and men) who have experienced this kind of abuse and that the



only way to help stop it is by speaking out. Rebecca, by email This month's star letter wins a Bose SoundLink Colour Bluetooth speaker worth £120. bose.co.uk

21st-century love

What Love Looks Like In 2015 caught my attention. Years of being single had taught me a lot about myself and what I wanted from a relationship. I wanted simplicity and didn't want to settle. I was seeing the world

YOU TWEETED IT

@Lucky1375: @Sethrogen Read your Alzheimer's story in @GlamourMagUK well done for raising awareness & for the strength you give your wife

@emilyyparsons: @GlamourMagUK 'What Love Looks Like In 2015' is brilliant!

@ArtisanTalentDC: It's ok, browse @Instagram at lunch. @GlamourMagUK says looking at photos can make you 11% happier than eating chocolate.

@Sophie_LScott: Being judged on the train for ogling @GlamourMagUK's 100 sexiest men lol through cynical and rose-tinted glasses at the same time, but after reading this, I feel much more optimistic about relationships in the future.

Rosie, by email

We need to talk

I was so glad to see What You Don't Know About Therapy. I started therapy last year and kept it secret. My boyfriend and best friend knew, but I feel as though admitting it is like saying, "I'm unstable". But therapy has helped me in so many ways. I think it should be talked about more and it's great to see GLAMOUR cover the topic so positively. Name withheld

Let's end the silence

My Family Love Story by Seth Rogen had me in tears. My grandma has Alzheimer's and we've seen her slowly deteriorate from her former self into a person totally out of sync with her own life. Thank you to Seth for writing about this. Talking about it is scary, especially if it runs in your family, but if doctors think it's curable, why aren't they taking action? The statistics are frightening, yet I rarely hear Alzheimer's being mentioned. Harri, by email

The sky's the limit

I loved Who Run The World? for International Women's Day. The concept of celebs who we find inspiring, such as Victoria Beckham, telling us the women they find inspirational is great. I love your articles about how powerful women worked their way to the top - it encourages me to work towards my own goals. Hannah, by email

Write in! We want to hear about you - about GLAMOUR, your life, anything. Email us at letters@ glamourmagazine.co.uk or write to GLAMOUR Mailbag, 13 Hanover Square, London, W1S 1HN,

Due to the volume of work-placement applicants we receive, unfortunately we are only able to acknowledge successful candidates, who must be over 18 years old

GLAMOUR-TO-GO

This month's winner is Fazila Poptani, pictured with GLAMOUR in the Dubai desert. Fazila wins an Instax Mini 90 Neo Classic.

This classic-look camera offers advanced features that enhance image quality and expand photo possibilities. For your chance to win, send us a photo of you with the latest issue of GLAMOUR in a glamorous location (with your name. address and location). Good luck!





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VERSACE EROS POUR FEMME

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NEWS, VIEWS AND GLAMOURAMA

The V&A's The Alice Look celebrates Alice's role in fashion – such as Gwen Stefani's homage at the 2004 AMAs

elcome lt's the 150th anniverse

anniversary of Lewis Carroll's *Alice In Wonderland* this year – here's our pick of the celebrations



Head to Emmeline's Lounge at the Conrad London St. James hotel and tuck into their delicious Alice In Wonderland Afternoon Tea, featuring Earl Grey panna cotta, edible 'Eat me' gingerbread tags and Queen Of Hearts jam tarts. Yum. From £35. Until May 11. Book via afternoontea.co.uk

Tryme

The vaults under London's Waterloo station are turned into a real-life Wonderland for Alice's Adventures

Underground, an immersive theatre experience where you can smoke a pipe with the Caterpillar and take tea with the Mad Hatter. It combines story telling, live music, puppetry and circus acts — and tickets are going fast. Until May 31, alice-underground.com



In Macmillan's beautiful anniversary release, *The Complete Alice*, the original colour illustrations are reproduced alongside both novels, *Alice's Adventures In Wonderland* and *Through The Looking-Glass*. Including a foreword by Philip Pullman and images of Lewis Carroll's original manuscripts, it's a musthave for any Alice lover's bookshelf. Out July 4, £30

See me

Damon Albarn's modern-day musical, wonder.land, follows 12-year-old Aly as she creates an online alterego and loses herself in a virtual world. It runs from June 29-July 12 at Manchester International Festival, then moves to the National Theatre in November; wonder.land

Fashion lover? Over at the V&A's Museum Of Childhood, *The Alice Look* exhibition will explore Alice's iconic style. May 2-November 1, vam.ac.uk ▶

3y Hanna Woodside. Photographs: Design Pics Inc/Rex Features, Getty Images, image taken from The Nursery Alice, published by Macmillan Publishers Ltd

GIGI'S WORLD

Model of the moment Gigi Hadid is besties with Kendall, hangs out with Taylor and is the new face of Maybelline. Here she shares her favourite things with GLAMOUR



"Kendall [Jenner, above] and Cara [Delevingne] are two of my best friends. Backstage, it's a lot of laughing and taking selfies."



MY SISTER ACT

"I'm so proud of Bella for starting to model as well. Giving my sister career advice makes me happy, and there's no feeling of competition. We're each other's biggest fans."



MY GO-TO WORKOUT

"I grew up playing sports like volleyball and riding horses, and my newest love is boxing. I'm obsessed! It keeps me excited about working out. I'm always trying to become quicker, more fluid, and to improve my footwork. My trainer, Rob Piela, and I are great friends."



MY FAVOURITE JEANS

"I've been a Guess girl for 15 years! CEO Paul Marciano discovered me when I was a kid. They're my favourites, especially the high-waisted skinnies."



By Hanna Woodside. Photographs: Michael Dumier, Rex Features, Getty Images, gigihadid/Instagram, Guess

"Walking the spring Chanel show was a dream come true. Karl Lagerfeld is brilliant - even being in the same room as him was inspiring." ▶

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DO I have food in my teeth?

Plus nine other socially awkward situations (and faux-pas) we've solved in time for Etiquette Week (May 11-15), thanks to modern manners expert **William Hanson**



BEING TOO PUNCTUAL FOR A DINNER PARTY IS RUDE "It's

polite to give the host ten minutes to collect themselves. But never be more than 20 minutes late (if you are, you must ring, not text, to explain). So, if it starts at 7.30pm, arrive between 7.40pm and 7.50pm."

DON'T HOARD AT HOUSE

PARTIES "As a student, you may have clung to *your* bottle of vodka, but as adults, everyone should bring something to share. Don't be the one who brings cheap wine then tucks in to the fancy gin. People will notice."

WEDDING INVITE? DON'T RSVP

ON FACEBOOK "If they have spent money on proper invitations, make the effort to fill in the RSVP card and post it back. If — and only if — they've explicitly put an email address to RSVP to, that's acceptable."

ERR ON THE SIDE OF FORMALITY WITH EMAILS "With

greetings and sign-offs, it's safer to use 'Dear' and 'Kind regards' with someone you don't know, then you can slip down the scale from there. You can 'formal down' but you can't 'formal up'."

EATING ON PUBLIC

TRANSPORT "The only acceptable food? Polo mints."



...IF SOMEONE HAS FOOD IN THEIR TEETH "Tell them, discreetly – never in front of other people – so they can go to a bathroom and fix it. If someone across the table has food round their mouth, make eye contact and subtly dab your own mouth with your napkin."

...IF SOMEONE MISPRONOUNCES A WORD

"Don't draw attention to it, just say it correctly yourself and they will pick up on it. The only exception is your name, in which case you must correct them. Say, 'Oh, actually it's pronounced...' sooner rather than later."

Table manners: 3 rules to live by

- Put your phone away "Unless it's a life-or-death situation, nothing's so urgent that it can't wait (at least until you go to the loo). If you've arranged dinner with someone, part of the bargain is that you give that person your undivided attention for an hour or so."
- Hold your glass by the stem "Be it a Champagne flute or wine glass. The exception is if you are trying to warm up a glass of too-cold red wine."
- Never hold your knife like a pen "You have too little control and that's when you have a new potato flying off your plate onto your neighbour's lap. The knife handle should be entirely under your palm."

The Bluffer's Guide To Etiquette by William Hanson is out now





DOs&DON'Ts

DO you know what a DUFF is?
You soon will...



re you somebody's DUFF? It stands for 'Designated Ugly Fat Friend' - yup, delightful - but (bear with us) you don't have to be ugly or fat to be one, just the most 'approachable' member of your peer group. This is how football captain Wesley (Robbie Amell) softens the blow when he tells Bianca (Mae Whitman) she's the DUFF of her gang, in this month's movie of the same name. Wesley promises to 'reverse-DUFF' her if she helps him pass chemistry - so far, so teen movie, right? But there's more to this than 'geeky girl gets a makeover and gets the guy'. All the high-school tropes are here (the prom scene, the school bitch...), but the script is whip smart. Imagine the dialogue from Pitch Perfect delivered by Emma Stone in Easy A, with the quotability of Mean Girls.

Even celeb-land is embracing its inner DUFF, with these tees worn by Kylie Jenner and Bella Thorne (who plays the film's queen bee). So, really, we're all kind of someone's DUFF. (Except you, Taylor Swift, obviously.)



DON'T MISS THIS

The most stylish festival, ever alling all fashion lovers: the fourth annual Vogue Festival takes place on the weekend of April 25 and 26 - and it's your chance to hear from the industry's leading models, designers, photographers and writers. Last year's line-up included Phoebe Philo, Rosie Huntington-Whiteley and Valentino Garavani – and guest speakers for 2015 include Christian Louboutin, Bobbi Brown, John Galliano and Roksanda Ilincic. The two-day extravaganza takes place at London's Royal College of Art and Royal Geographic Society, with a jam-packed schedule of talks, workshops and career masterclasses, along with an interactive

And one more hot ticket

beauty hall and makeover sessions. For tickets, visit vogue.co.uk

Over at the V&A, its series of talks, Always Print The Myth: PR And The Modern Age, is a must for anyone fascinated by the world of public relations. Host Alan Edwards. an entertainment PR extraordinaire who's worked with A-listers from Naomi Campbell and the Beckhams to P Diddy (below), will be joined by guests including





From top Alexa Chung at the Vogue Festival; the Burberry make-up area; Cara Delevingne; Victoria Beckham Alexandra Shulman

QUENCH YOUR DRY HAIR OBSESSION WITH NOURISHING EXTRAORDINARY OIL

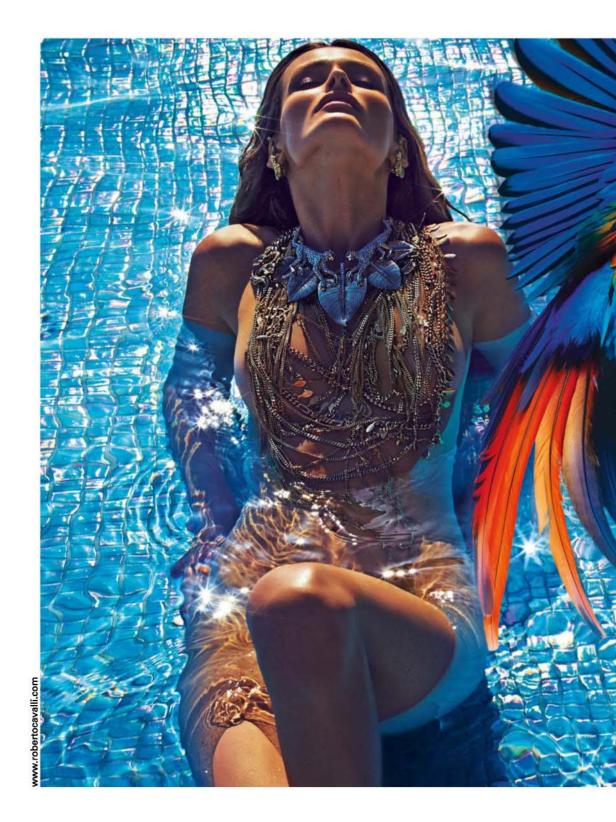
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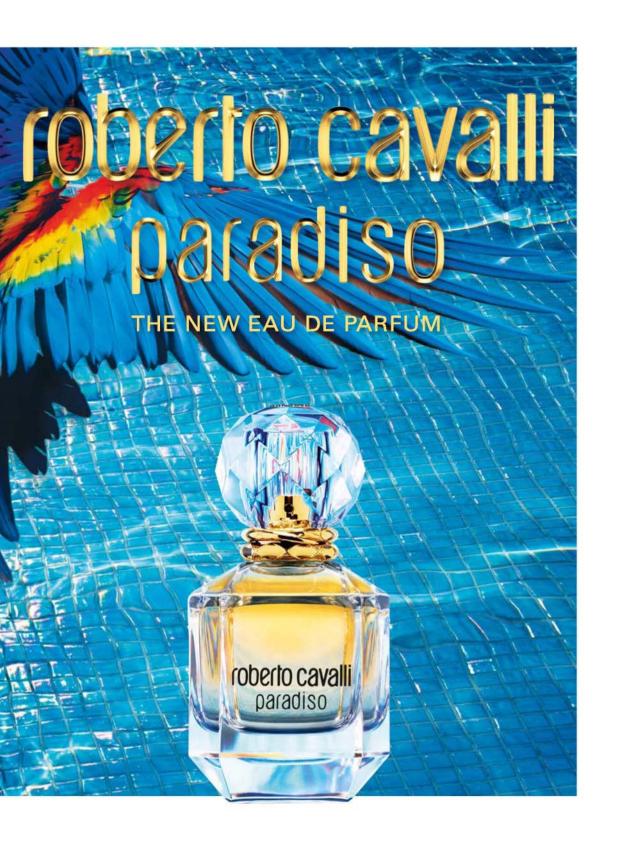


WHAT'S YOUR #HAIROBSESSION?

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TREATS ROOTS THEN LENGTHS
SEPARATELY AS DONE IN SALONS

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"Please don't leave Facebook. I need you!"

o I keep getting emails like this from friends: "I'm leaving Facebook because I want to get back to the basics of friendship. I want us to see each other rather than having a cyber relationship. So just to let you know, I haven't unfriended you, I'm aiming to be a better friend to you."

Sweet sentiment, right? But every time I get one of these

messages, I panic that someone is going to demand more of my time.

on it heavily to keep in touch with friends and family, because I live on the west coast of America. I also rely on it to stay connected with everyone in my life without having to see them all the time. I know, that makes me sound terrible, but I'm a writer. I live

a life of deadlines and bad hair days and I need to be alone a lot.

I also don't think that Facebook is a terrible way to hold onto a friendship. Sure, it's not ideal for the people closest to you. Best friends and family should hear your voice and see your face, I agree with that. But everyone else? People who you like a lot, but who you just want to stay in touch with, rather than see all the time? Well, they should just stay on Facebook, to make that easier. Because every time I get one of these messages, I panic that they will turn up unannounced, wanting a chat, and also worry that I'll never see them again. Just because they have decided they want physical contact with me, doesn't mean I will become any more available. Instead, I assume the friendship will just fizzle out,

HEY, LADY

Step aside, Banksy, I've fallen for a new graffiti star. Rosie Woods is awesome. She's been commissioned by Warner Bros to paint their entrance hall, as well as doing work for Stella McCartney. She has a studio in London's Shoreditch and you can see her work here: rosiewoods.co.uk. My garage door is looking a bit neglected if you have a spare minute, Rosie?



I feel constantly guilty that I don't see more of the people I love. My family is spread across the furthest corners of the UK. So much so that when I spent a month in London on a trip back from the US, I didn't manage to see my father who lives in Scotland. My best friend lives in Australia and we have to organise epic, life-churning trips to see each other every other year. The auntie and uncle who raised me are in Guernsey, so that's a holiday in itself. And my sister and nephews are in Bristol, where sometimes I can only manage to visit for a few hours to dose up on cuddles. It's tough enough already to get quality time with the people closest to me. I've chosen a certain kind of life and the sacrifice is that I miss people, and long for those I love, constantly. But somehow I make it work with the time that we have. So when people I like a lot (but probably wouldn't have much to do with if it wasn't for Facebook) want to crank up our level of friendship, it worries me.

I can't fit them in too; I am just about managing as it is. 'Please don't

I'm LOVING

Look, you may have done this, and if you have then please Tweet me so we can talk about it. But if you haven't, you have to watch Mad Men. All episodes are now on



Netflix, hours and hours of amazing TV and the best outfits in any TV show, ever. Honestly. don't wait anv longer. Don Draper... swoooooon.

Auntie Twit

Dawn solves vour problems in 140 characters



@hotpatooties constant negativity from some people, I care but I don't want to become negative too, what's the balance?!

@little1702

From my experience, negativity is a self-perpetuating problem. You could try to snap them out of it rather than sit and listen to it?

@hotpatooties 18 and deciding what

to do with my life!

@SadieRoberts14

LIVE IT. Don't stress about what you are supposed to do, and at your age do what you want to do. Just try to keep it within the law;)

@hotpatooties

38 yr old bf won't get a proper job. Don't want 2b with some1 for money, but can I resign to life of scrimping?

@aoife_friday

If you feel like he isn't pulling his weight that's fair enough. Lazy isn't sexv or fun. I'd keep my finances separate and just sort myself out.

In the NEWS

If there's one thing I have learnt, it's that if I am going to rob a car I must NOT use bouncy bricks. One robber in Ireland, however, never got that memo. After he threw a brick at a car window. it bounced back and knocked him out. He then tried to accuse a local pub landlord of beating him. Err, nice try, mate, but four letters... CCTV.





do this to me,' I think. Please don't expect more from me just because you are feeling guilty about your data usage.

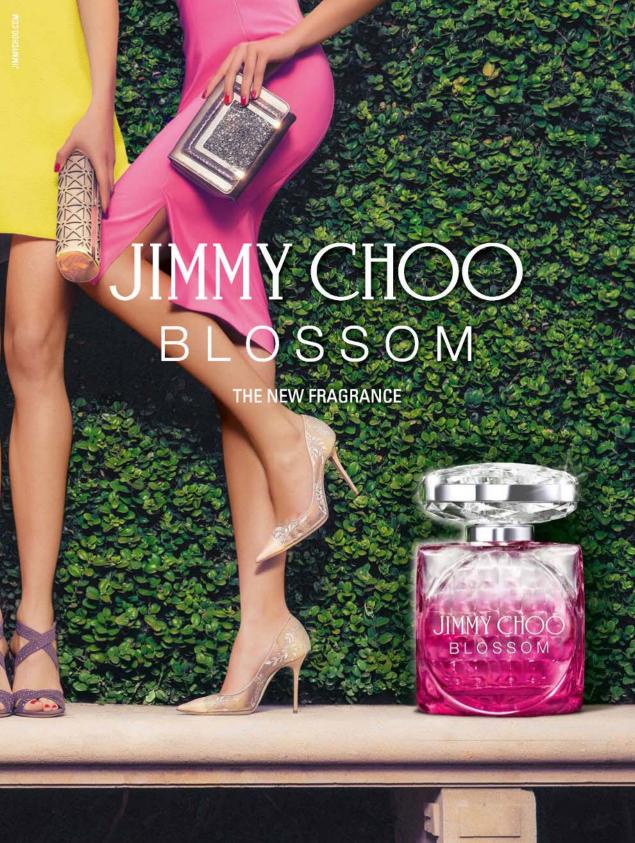
What Facebook has given us is more friends than ever, which should be celebrated, not rejected. If you are genuinely spending too much time online, then you can easily rectify that, but there's no need to be dramatic and cut yourself off from everyone in a quest to be closer to a few.

Or maybe there is.

Maybe my desire to be involved on some level with lots of people really isn't how it should be. Maybe I should be leaving Facebook, and the small amount that I physically see my friends and family should be enough. But I'm not sure I'd be happier. The people I love the most don't live within 'let's meet for a cuppa' distance. So if I left Facebook, I'd probably feel really alone. And as I write this, I can't work out if it's good that I stay on it, or actually quite sad. @

What do you reckon? Tweet me @hotpatooties #GlamourMagUK

love Dawn





"I WILL TAKE BEAUTY INTO MY OWN HANDS."

Katie Holmes

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Hey, it's OK...

...to invent a reason to go out tonight since you *finally* nailed the perfect flicky cat eye. The world needs to see it

...to avoid holding a colleague's new baby when they visit the office because you're scared you'll 'break' it

...to completely appreciate the

health benefits of kale, but draw the line at kale ice lollies



...to be a little dubious about a friend's wedding gift list. Since when does the Microwave Queen need a pestle and mortar?

...if your browser autofills asos.com as soon as you type an 'a' into the search bar

...if, when you shave, you miss that one tiny patch on the side of your knee. Every. Single. Time. (With thanks to GLAMOUR reader @TheRealCleoGib)

...to celebrate friendship anniversaries. You've been mates for ten years? That's definitely worth toasting

...to pay double on air fare just because you need to see the sun. On a beach. Now { Want to see your own ideas here? Tweet us something we've never heard before @GlamourMagUK #HeyltsOK }



How to have 'the talk'

Want to know if y on the same page life's big issues? conversation start.

Where is this relation going?" is one of things you can Want to know if you're on the same page about life's big issues? These conversation starters will help

here is this relationship going?" is one of the hardest things you can ask early on. But the University of Denver found couples who discuss their future from the beginning go on to have strong relationships. It's also important to discuss the other awkward stuff - money, kids or marriage - as the relationship grows, to check you're still in sync. We asked experts and longterm happy couples how to have those Define-The-Relationship (DTR) chats, without ever saying, "We need to talk."



THE MONEY TALK

Couples argue about money more than anything else. "You don't want to get emotionally invested only to discover, two years in, that you're financially incompatible: he's secretive about money, you're the opposite," says Ann Wilson, author of The Wealth Chef. So. how to find out? "Ask their advice, even if you don't need it. Try, 'I really want to save more: how do you do it?' says Wilson. "Then, before the six-month mark, suggest a money chat where you discuss salaries, savings and debt," If their reveal doesn't set off alarm bells, move on to attitudes. Ask questions like. 'Would you ever have a joint bank account?' But don't overdo it. "The idea is to agree that money is important, and that you want to help each other reach your financial goals."

THE LIVING TOGETHER TALK

Studies have found that couples who discuss living together have stronger marriages than those for whom the roommate thing just... happens. Erin, 34, remembers blurting out to her boyfriend that maybe he should move in. "He stammered and

I back-pedalled," she says. "When you approach the subject, adopt your partner's conversation style and tone, and they're more likely to be receptive," says Sophia Ledingham, author of The Date Night Manifesto. "If they are logical and measured in their speech, keep your voice calm and try, 'I've been thinking carefully about the benefits of us living together...' Or, if he or she is more feelings-based, say, 'Wouldn't it be AMAZING if we lived together?""

THE SEX TALK

Janelle, 34, thought her single days were more wild than her boyfriend's. but after nine months she opened up, and he wasn't threatened by her past. "That moment has kept us talking about sex for eight years," she says. Regular check-ins are important, stresses Dr Logan Levkoff, a New York City sex educator. But unlike other DTRs, you can be more subtle. "Ask a casual question like, 'What do your friends say about their sex lives?' or 'Would you ever do that thing we saw on Orange Is The New Black?' A formal sit-down-and-talk meeting

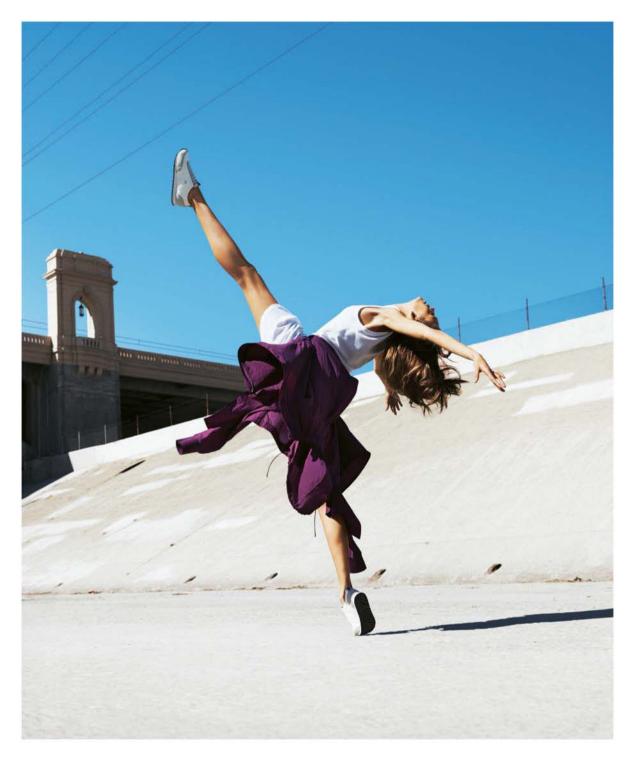
about your own sex life can become finger-pointy and awkward." she adds.

THE MARRIAGE TALK

"Despite the Hollywood cliché, few people pop the question out of the blue," says psychologist Dr Galena Rhoades. "Most couples discuss it first." But for Ben, 31, the technique that worked was keeping the conversation casual: "After three years, my girlfriend hadn't mentioned marriage," he recalls. "So, during a holiday to New York, I said, 'People at work think we might get engaged on this trip.' It started a discussion and within four months we were engaged."

THE HAVING KIDS TALK

"Deciding to become or not become parents requires several conversations – but you can set the tone early on with something like, 'I don't know where my nieces get their energy from: good practice for when I have my own,' or 'I'm destined to be an auntie more than a mum - you get all the fun bits," says Ledingham. As the relationship gets serious, be more direct.







IN A SHOP CHANGING ROOM

"When my boyfriend beckoned me into his cubicle to 'check' a pair of jeans, I guessed what he was after. I thought it would be fun – but it was so unsexy because a) we had to stay completely silent and b) the 360° mirror set-up meant we saw ourselves going at it from angles that are deeply unflattering. Never again." Jade, 32

ANYWHERE NEAR WILDLIFE

"We were walking on Dartmoor – there wasn't a soul for miles, so when we got frisky on the picnic blanket, I wasn't too worried. There was, however, a herd of stern-looking sheep, who ambled over and completely put me off my, er, rhythm. They were staring at us disapprovingly. In the end, I had to stop: I was cockblocked by some sheep." Mark, 28

IN A TRAIN TOILET "In our defence, it was a *long* journey and we were in that 'can't keep your hands off each other' stage. My boyfriend lifted me up so I was sitting on the sink area, which created two problems: my bum kept setting off the automatic tap — cue cold water shooting everywhere — and I was at just the right height to keep smacking my head on the towel dispenser. However horny you are, just wait." **Katie, 28**

IN YOUR PARENTS' BED

"We booked a hotel for my cousin's wedding. but ended up giving it to my parents as a treat, even though they lived nearby. We stayed at theirs. They didn't have a spare room and there was no way I wanted to do it in their bed, but we were trying for a baby and I was ovulating. Afterwards we heard a weird buzzing coming from under the bed. My husband investigated and started laughing: he'd found their stash of sex tovs. We'd inadvertently set one off. Argh, so many shades of wrong." Sarah, 34

THE HOTEL SWIMMING POOL

"You know how in films, the lead couple will have sex in an empty hotel pool, late at night, when it's all lit up? My ex and I did just that, and it was really sexy – right up until the manager arrived as we were putting our robes back on and said we had to leave the hotel for indecent behaviour. We didn't even get a refund as we'd broken hotel policy, apparently." Laura, 29

A CONSERVATORY

"Yes, we pulled all the blinds down. What I didn't realise, though, was that the students next door had the perfect view from their balcony in through the roof. We only realised they were getting a ring-side view when their whoops of encouragement got too loud." Joel, 31

3y Lisa Harvey. Photograph: Stewart Shining/Trunk Archive

Work rebel or people pleaser?

Finding out your work personality is step one...

ver worked with an irritating colleague or had a personality clash with your boss? Hey, it happens. According to bestselling self-help author Gretchen Rubin's new book. Better Than Before, we're either upholders, questioners, obligers or rebels. Knowing your 'type' can break negative work habits, and improve relationships with colleagues, too. Take this quiz to find out – three or more ticks = that's your work tendency...



TYPE 1

l'm punctual and meet deadlines

I feel uncomfortable if I'm with someone who's breaking a rule

I love nothing more than crossing items off my to-do list

I want to know what's expected of me in all parts of my life

You're an... UPHOLDER

"Others can rely on you, and you can rely on yourself," says Rubin. "You're self-motivated and find it easy to meet commitments or keep resolutions - and you like to know what's expected of you." What holds you back? You expect others to work the same way as you, even though they might need support, resulting in awkward relationships. There's also the risk of taking work too seriously.

What can you do?

"Upholders need time for themselves." says Rubin. So, remember to give yourself a break. "Schedule one non-work activity that is important to you into your daily routine – once it's on your to-do list, you'll do it."

TYPE 2

I sometimes have trouble making decisions

If I've decided that a new habit will work for me. I'll adopt it without trouble

I like to have as much information as possible before I make a decision

If I'm asked to do something that doesn't make sense. I won't do it

You're a... QUESTIONER

"You think carefully and question everything," says Rubin. Though willing to do loads of research to reach a decision, you often reject expert opinion in favour of your own. At work, people get annoyed with your constant questioning, as it delays projects or meetings.

What can you do?

Don't always think of the bigger picture. Concentrate on the task in hand and write down the reason you're doing it before you begin.

TYPE 3

I'm often called a people pleaser

I always make time for other people's priorities but not my own

Unless someone is enforcing a deadline, it's hard for me to get work done

Sometimes I feel burned out, but I find it hard to recharge my batteries

You're an... OBLIGER

"You respond to other people's expectations but struggle to meet vour own." says Rubin. In other words, you'll bend over backwards to help a colleague, but won't keep your resolutions. "This often means letting yourself down, making you vulnerable to stress and resentment."

What can you do?

Find an 'accountability partner' (AP) - a friend or a colleague who's great at saying 'no'. Their role? To help you reach your goals. "When obligers know they'll be held accountable for their actions, they have no trouble following through," says Rubin. So, make a list of priorities and get your AP to check in with you regularly.

TYPE 4

I do what I want and I'm true to myself

I enjoy a challenge as long as I can tackle it my way

People become angry because I won't do what they want me to

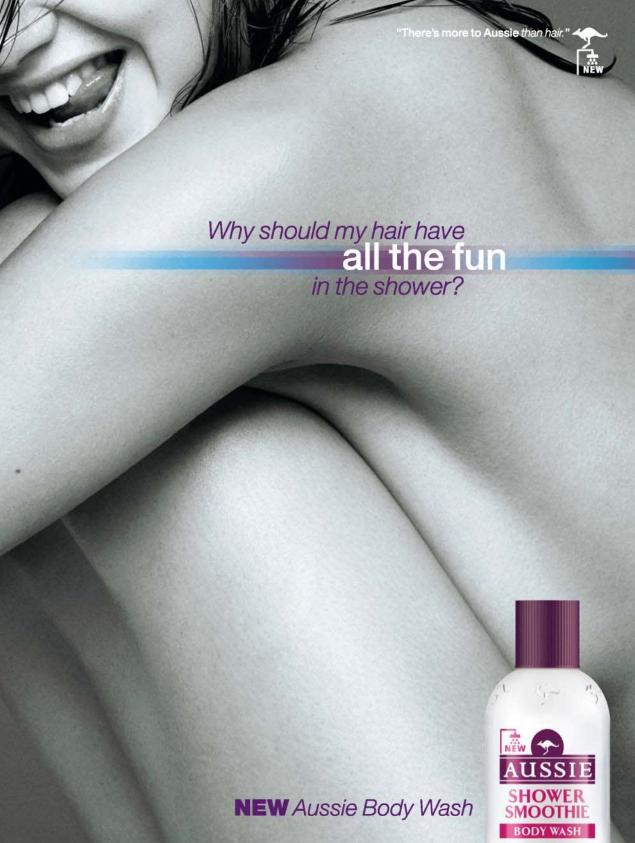
If I'm expected to do something (even if it's fun), I have the urge to resist

You're a... REBEL

"Your impulse is to challenge everything," says Rubin. "You work towards your own goals. in your own way." While you can channel your rebel vibes constructively to work hard. your impulse to resist what you're 'supposed' to do can cause conflict with colleagues.

What can you do?

"Rebels react better if they have a sense of choice." savs Rubin. So. instead of following a rule because you're 'supposed to', do it because you choose to do excellent work.





"How I stood up to SEXISM"

These women took action - and got results

"As I'm the director of a large organisation and my name's Alex, people assume I'm a man. I often receive emails and letters addressed to 'Mr...' It is fundamentally lazy – and sexist – to assume that I'm a man just because I'm a director. And, although it's not the most serious form of sexism I've faced, I don't ignore it: I always reply saying thanks for the email/letter, but please note that I'm *not* a man. Most people apologise and move on, but, hopefully, challenging them means they won't assume next time." *Alex, 37*

"One day my supervisor – who was known for being disgustingly sexist – asked me



to show him my hand. When I held it out, he said, 'Yes, my cock would fit in that.' I was so shocked. I reported him to our company director, who immediately interviewed me and every female colleague who'd been harassed. We were taken seriously and the sexist supervisor was dismissed by the end of the day." Zoe, 22

"I saw two men harassing a woman on the bus. She clearly didn't want to talk to them, but they wouldn't leave her alone, leering and making her uncomfortable. If it had been me, I'd have wanted someone to help, so I told them to stop. They laughed and said I was jealous, but they backed off and got off at the next stop. The woman thanked me for having her back." Olivia, 30



"Most of my colleagues are men. It was never a problem.

until someone organised a friendly football match after work. I love playing football, but one male colleague wasn't happy that I was joining in and joked, 'No snatch at the match.' When I called him out on it. he made an excuse about me 'getting hurt'. I was so deflated, but I went anyway. Turns out, he'd dropped out at the last minute and wasn't even there; no one else cared that I was a woman and I had a great time. I almost let his prejudice stop me doing something I enjoy. I'm so glad that I didn't." Franki. 28

"I was in Tesco when a total stranger leered at my chest and asked me my bra size. I was so pissed off, I gave a lecture on why comments like that are unacceptable. Stunned, he apologised with a shame-faced 'Sorry, love.' I didn't let that go either, explaining that 'love' was patronising. Instead of allowing him to embarrass me, I showed him up for his behaviour." *Rachael, 25*

Did you know?

60% of UK women have experienced sexual harassment at work. And over one in three have encountered prejudice in their careers. "Challenging sexism sends a message that it's not acceptable," says Laura Bates of the Everyday Sexism Project. "You don't have to react, but it can be empowering and effective."

Guess what we've found out about Aussie girls?

They've got bodies. Not just hair, but arms, legs, the whole package.

So, after years of performing miracles on their hair, we've decided to **shower** (sorry) love and attention on the rest of them. Meet our new

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Turns out skin loves **exotic** Australian ingredients as much as hair does.

So give your **bod** a taste of the bliss your hair's been experiencing all these years. After all, who wants skin that's,

green with envy?

POWER UP your PM

...and beat that midafternoon slump for good

ind yourself flagging after lunch? You're not alone: 70% of us suffer from an afternoon energy dip, and a new study has found that 3-4pm is officially 'humdrum hour' – the time when we feel least motivated. "Research shows the best way to avoid that lull is to take a 20-minute walk during your lunch break," says energy expert Dr John Briffa. Can't escape? There are other ways to keep your energy levels up and stay productive until home time.

CRANK UP THE TUNES

If you're on an afternoon go-slow, get your headphones out. "Listening to music, of any genre, has been proven to improve your productivity," says Dr Briffa. It stimulates the brain's limbic system, which controls how well you concentrate. Plus, a study found that 88% of people completed tasks more accurately when listening to music (81% finished their work faster). Try the focus@will app (free on iOS and Android, then £3.99 per month to subscribe), which has attention-amplifying playlists with tracks that best engage the brain.

DRAW A QUICK-FIRE MIND MAP

"If you're feeling unmotivated and can't get started after lunch, this exercise will get your brain firing," says productivity expert Tony Buzan. Get a blank piece of paper and draw any image in the middle – a flower, a house, a stick man, anything. Now,



write down every single word that comes into your head when you think of that subject, so you end up with a spider-style diagram. "Forcing your brain to work at speed and generate more and more associations will help overcome fatigue and get your mind in gear."

TRY A BREATHING TRICK

"Most of us breathe too fast, so we end up with low carbon dioxide levels and our body can't deliver oxygen to the brain effectively," says Dr Briffa. "By the afternoon, this can take its toll; we feel scatty and unable to concentrate." Set the timer on your phone for 60 seconds. Inhale for five seconds, then exhale for five seconds. Repeat this pattern until your minute's up. "It's simple,

up. "It's simple, but incredibly effective," says Briffa. "Paying attention to your breath – even just for

– even just fora minute – willslow it down and

TOP UP ON
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Even mild dehydration causes
tiredness and affects brain function.
The Waterlagged as the first function.

tiredness and affects brain function
The Waterlogged app (free on iOS
and Android) helps you track how
much water you're drinking, and
will remind you to drink
up if you're slacking.

make it more even. Like hitting a 'reset' button." The result is more oxygen to your brain and an instant 'wake up' effect.

CHOOSE A SMARTER LUNCH

"Refined carbs, such as white bread and pasta, and sugary foods will cause a spike in your blood sugar, which comes crashing back down again, making you feel wiped out after lunch," says nutrition expert lan Marber. Instead, combine proteins (egg, chicken, fish, turkey) with complex carbs (vegetables and wholegrains) for a steady energy release that will keep you full up until dinner. "Try chicken salad with oatcakes or bean chilli with a slice of granary bread."

AVOID TASK HOPPING

If you want to make the most of your afternoon, don't fall into the trap of flitting between jobs on your 'to-do' list. "Research shows that you're 44% more productive when you work on one task at a time, rather than swapping between them," says Oliver Gray, founder of energiseYou career coaching. "A long to-do list gives you an excuse to dip in and out of tasks. Instead, start each afternoon with a list of three 'must-do's to complete before the end of the day."

BEAT SCREEN FATIGUE

If your job involves looking at a computer for hours on end, remember the 20-20-20 rule: every 20 minutes, look away from your screen for 20 seconds at something roughly 20 feet away (about six metres).

Research by the University of Texas found that sticking to this rule prevented computer vision syndrome (CVS), which causes tiredness and headaches.

By Hanna Woodside, Photograph: Adam Voorhes/Gallery Stock. Dr John Briffa is the author of A Great Day At The Office, drbriffawellness.com; ianmarber.com; tonybuzan.com; energiseyou.com





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5 fuss-free

dinners

Too tired or busy to cook? We asked foodie pros for some healthy-in-a-hurry supper ideas

FETA AND WATERCRESS OMELETTE by Vicki

Edgson, nutritionist and co-author of Honestly Healthy For Life

15 minutes

Why? "Eggs are my go-to when I don't have time for anything complicated. They contain nearly every amino acid and nutrient you need for a healthy brain and body," says Vicki. Omelettes work well for dinner because you can treat them like a portion of meat or fish and serve with a big salad.

What do I need? 3 medium eggs; 100g feta; 30g watercress. How do I make it? Whisk the eggs and pour into a frying pan. When firm on the bottom and moist on the top, crumble over the feta and lay the watercress across the middle. Fold in thirds, then turn over and cook for a further minute.

TRAY-BAKED SALMON by Sophie Wright, chef

15 minutes

Why? "You simply throw the ingredients into a roasting tray and bung it in the oven," says Sophie, founder of Sophie Wright Catering. "Salmon is packed with protein to keep you full, plus good fats like omega-3s that boost heart health."

What do I need? 1 salmon fillet; 5 asparagus spears; 5 cherry tomatoes; 2 slices pancetta.

How do I make it? Pre-heat the oven to 190°C. Place the salmon on the tray and season with pepper. Scatter asparagus and the tomatoes, cut in half, then drape pancetta over the top. Drizzle with olive oil. Bake for 15 minutes. CHICKEN WITH CUCUMBER NOODLES

by Melissa Hemsley, co-author of The Art Of Eating Well

10 20 minutes

Why? "This is a quick fridge-tofork dinner that's full of protein and minerals — and the dressing is incredible," says Melissa, who is half of food-blogging duo Hemsley + Hemsley. "I usually cook it on Monday nights and use up my leftover Sunday roast chicken."

What do I need? 1 tbsp sesame seeds; 1 cucumber; half head of cos lettuce, shredded; half a pak choi, shredded: 2 spring onions, sliced; 125g pre-cooked chicken; handful coriander. For the dressing: whisk 2 tbsp olive oil, 1 tbsp sesame oil, 1 tbsp lemon juice, 1 tsp honey. How do I make it? Toast the sesame seeds in a dry pan. Slice a cucumber into wide ribbons using a vegetable peeler. Put the cucumber, lettuce, pak choi, spring onion and coriander in a bowl. Pour dressing over, then mix. Plate up with some warm shredded cooked chicken

and top with the sesame seeds.

SPICY STUFFED SWEET POTATO by

Faya Nilsson, health and fitness blogger

10 minutes

Why? "I cook this meal at least three times a week," says Faya, who blogs at fitnessontoast.com. "I need lots of energy for my job, and sweet potato has a super-low glycemic load, which means it's full of the slow-releasing kind."

What do I need? 200g tinned kidney beans; ½ red onion, diced; 200g tinned chopped tomatoes; 1 tbsp tomato purée; pinch cayenne pepper; 1 medium-sized sweet potato (about 200g).

How do I make it? Bake the sweet potato in a microwave on high for approximately seven minutes until soft.

Meanwhile, sauté the onion in a frying pan, then add the kidney beans, chopped tomatoes, tomato purée and cayenne pepper — and cook for five minutes. Once ready, serve on top of the potato with a spoonful of Greek yoghurt.

THE SUPER SALAD: WARMED ORANGE, CARROT AND CASHEW

by Ella Woodward, food blogger and author of *Deliciously Ella*

15 minutes (+ 5 minutes cooling)

Why? "This has all my favourite flavours and makes a change from salads built around greens," says Ella. Carrots and oranges are a great source of immunity-boosting vitamin C and potassium, and

What do I need? 50g raisins; 1 peeled orange, chopped; 1 carrot, thinly sliced; pinch ground cumin; drizzle maple syrup; 50g cashews; 50g pitted olives; 50g quinoa.

cashews are full of antioxidants.

How do I make it? Place the quinoa in a pan of boiling water and simmer for 15 minutes. While cooking, place the orange, cumin and maple syrup into a separate saucepan and cook for five minutes. Add the carrots and cashews and cook until the nuts are slightly brown. Mix in the olives and raisins and cook for two more minutes. Add the quinoa and cool for five.

By Sarah Maber. Photographs: Claire Benoist/The Licensing Project, Alamy, Getty Images, Sudhir Pithwa. Rededgedon.com; deliciouslyella.com; fithessondast.com; hemedgeandhem?ey.com; sophiewrightcatering.co.ulk The Art Of Earing Well by Natissa and Jasmine Hemsley (Ebury Press, £28).



GOT HERE



TAMARA-LEE NOTCUTT

Tamara-Lee, 36, is senior manager of motion casting at Walt Disney. She lives in LA and has helped assemble the cast for films such as *Thor, Maleficent* and *Cinderella*

I was a stage brat growing up and would have left school to become an actress had my father not convinced me to go to university. I loved the performance side of my degree, but it made me realise I wasn't good enough to act professionally. It sounds brutal, but it saved a lot of heartache in the long run.



I wanted to learn about every part of the film-making process, so when Deborah, who cast *The Majestic* and whose office was next door to production, offered me another internship, I took it. On

my first day, I had to read a script opposite Jerry O'Connell, who was auditioning, and realised casting was what I wanted to do.

I'd been asking around about jobs when someone told me about Carrie, a TV casting director who was looking for an associate. We met and hit it off, so I left Hubbard to work with her. Just before we began casting for our biggest project, the movie 300, she was diagnosed with cancer, and sadly passed away two years later. I was devastated.



Randi was offered the job of vice president of feature casting at Disney, and when the opportunity to be her second-incommand came up, it was too good to turn down. There are definitely perks to my job – I've been to premieres and the

Golden Globes – but the most rewarding thing is casting actors such as Tom Hardy and Lily James [in *Cinderella*, above, out now] in roles which you know will catapult them to stardom.

EDUCATION

1997 - 2000

BA in Media Performance with Production Management, University of Bedfordshire

CAREER EXPERIENCE

2000

Internship in script development, Warner Independent Pictures, Los Angeles

2000

Internship at the casting office of Deborah Aquila, Los Angeles

2002

Casting assistant, then casting associate, Hubbard Casting, London

2005

Casting associate, Carrie Hilton
Casting, London

2008

Casting associate, Randi Hiller Casting, Los Angeles

2011

Senior manager of motion casting, Walt Disney, Los Angeles I still wanted to work in the entertainment industry, so I applied for a random film internship I found online and flew to LA. It was dogsbody work (fetching coffee,

running errands) and unpaid, so I got a £10,000 graduate loan and worked at a youth hostel. I spoke to everyone and became known as 'the Brit girl' on set and, as a result, I was offered the role of production intern on *The Majestic*, starring Jim Carrey.



I returned to the UK and sent my CV to casting companies. Finally, the company that discovered Kate Winslet and Orlando Bloom offered me a job as a floating assistant. Two months later I was promoted to first assistant, then to associate. I chose scenes from scripts for actors to read and scheduled auditions. The hours were long and I was shouted at (the film world can be unstable, so tempers often flare), but it helped me to develop a thick skin.

I needed a fresh start and heard that Randi, a well-known casting director, was setting up her own business. I hounded her for a job and spent a month proving myself before she agreed. We were responsible for casting *Thor* and knew instantly that Chris Hemsworth [below] was the one. He had

'the spotlight effect' – when someone walks into a room and you can't take your eyes off them. Randi and I were also nominated for an Emmy for the casting of Five – a huge career highlight.



TAMARA'S LIFE LESSONS

1 Be nice to people on the way up — today's assistants are tomorrow's top agents. 2 Keep a cool head. Earlier this year I was flown to London to help with a casting crisis on a well-known movie franchise — three weeks before filming, they still didn't have a female lead. 3 When putting yourself forward for a job, be pushy, but not annoying. 3 Stay ahead of the game. I'm always scouring the latest films and TV shows for new talent.







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GLAMOURSCOPE



Are the stars shining on you this month? GLAMOUR astrologer **Maggie Hyde** has the answers





(April 21 - May 21)



Happy birthday, Taurus! Here's a special look at what the month (and year) ahead will bring

LOVE Bottling up your emotions never works for you – the longer you stay silent, the worse you'll feel. But a heart-to-heart around the 22nd will turn the situation around and bring the results you want.

Work You have a reputation for reliability and colleagues know they can count on you, but with Uranus in your career zone, you're feeling distracted. Is it a blip, or are you ready for a new challenge? It's worth thinking about.

Friends Bringing people together – and throwing a damn good party – is your thing. Put on your organising hat around the 7th and get planning. Inviting an ex you finished on good terms with is the first step to a friendship.

Money Gemini brings an opportunity to pool your resources with someone and make both your finances go further. Whether it's a business investment or joint ownership on a new home, make sure you get the paperwork right to protect your relationship.

Your year ahead When summer comes, you're consumed by wanderlust, and you and a friend have grand plans – booking ahead for off-peak travel in the autumn will save you cash. Bonfire Night brings fireworks in your love life when someone's perfectionist tendencies get too much – there are some tough decisions to make by Christmas. Early next year, career opportunities emerge and you're asked to lead an innovative project. Show them what you've got. ▶

GLAMOURSCOPE

(May 22 - June 22)

Deadlines have you in a spin, but by the 19th you'll have everything under control. Devote the rest of the month to catching up with the friends who have been equally busy - someone has some big news to share.

Cancer

(June 23 - July 23)

You're cautious in love and finding it hard to commit to someone. Don't feel rushed - if they're worth it, they'll wait. At work, mentoring someone junior is as rewarding for you as it is helpful for them.

(July 24 - August 23)

Don't let self-doubt stop you going for a work opportunity. Take stock of everything you've achieved so far: you're brilliant. Elsewhere, a friend burdened with too many responsibilities needs a big night out. You know exactly where to go.

Virgo

(August 24 - September 23)

It's time to shake off your inhibitions - be it love, sex or just asking someone on a date. If you want something, go for it on the 20th. At work, a boss's controlling behaviour is starting to wear thin; talk it over with colleagues to find a solution.

Libra

(September 24 - October 23)

There are so many pleasures you'd like to indulge in, but your bank balance has other ideas. If you're serious about a lifestyle upgrade, think about what you need to do to justify a pay rise. And put the 21st in your diary - your love life's looking up.

Scorpio (October 24 – November 22)

The full moon of the 4th makes it clear what you want from a relationship, and you realise it's time for a change of tack. Career-wise, more responsibility brings more stress, but if you're up for the challenge, there will be big rewards.

Sagittarius

(November 23 - December 22)

You're feeling responsible for others at the moment - at work and at home - but there's only so much you can do if people won't help themselves. It's OK to put a time limit on your support. The 21st brings good news about someone's health - so get ready to crack open the bubbly.

Capricorn

(December 23 - January 19)

New colleagues or new housemates introduce you to exciting social circles, which is just the injection of fun you're looking for right now. However, this month's new moon could bring out a possessive streak between you and a lover - try to avoid arguments about fictitious scenarios.

Aquarius

(January 20 - February 19)

Mediocrity never works for you – if a project needs extra hours, put them in around the 4th and then feel proud that you took something from OK to amazing. Outdoor adventure calls at the end of the month - time to dig out your tent and sleeping bag.

(February 20 - March 20)

When it comes to relationships, you don't like being messed around - and if someone doesn't have their act together by the end of the month, you know what to do. Meanwhile, a contact with legal experience helps you deal with a confusing contract.

(March 21 - April 20)

Someone is keen to flatter you this month, but you sense an ulterior motive - don't worry, you'll suss out their agenda by the 12th. And, although you predicted it, resist the urge to tell a sibling or housemate, 'I told you so' when a situation blows up. 6

Cartier

Cartier

LA PANTHÈRE

The New Eau de Parfum Légère







ex talk used to happen behind closed bedroom doors, or with the girls after a few glasses of wine. Now, it seems, we can't scroll through Twitter, grab our morning coffee or even do a food shop without getting some unsolicited #sextips.

No, we didn't know eating a pomegranate every day can give us better orgasms, but thanks anyway, checkout lady...

But experts say you shouldn't knock any sex advice until you've tried it – although

there is something below about where to put a piece of ginger that we're guessing won't end up in your sex repertoire.

"There's a huge tendency for each generation to assume that they've discovered sex all by themselves. But people have been having and perfecting it for thousands of years," says Emily Morse, a sexologist and creator of the podcast *Sex With Emily.* "Almost everyone has it, *everyone* has an opinion and, who knows, you might actually learn something."

From the cringe-worthy to the try-tonight, we asked readers to share their experiences.

"My gran and I were making a cake last Christmas when she took the spatula and said, 'You know, this doesn't just work for cakes. A few swats with this in the bedroom can always make a man happy.' I was horrified – especially since she'd been using that spatula for years." Jen, 27

"I'd forgotten to tidy away our sex toy collection during a sexy weekend at a hotel. I'd left them — washed — in the bathroom sink and when we returned to the room later that day, the hotel cleaner had arranged them neatly on the side. I was mortified and the next day, I awkwardly apologised. But she smiled and said, 'That small one is good if you use it backwards.' She was right." Rachel, 34

"I was kissing a guy at a bus stop – we were on our second date – when a drunken man staggering along paused to give us his feedback: 'You need to touch her like you mean it, man. Your hands should be way lower than that.' We were mortified, but after the man shuffled away, my date did move his hands from my shoulders down past my waist – and it was hotter." Beth, 26

"I was at the pub with my ex's family, when his mum leaned in to me and whispered, 'If there's one piece of advice I can give you, it's that cunnilingus is extremely important.' She then proceeded to demonstrate the best tongue technique on the back of her hand – 'flat little licks like a cat grooming itself' were the words she used. Presumably, I was meant to impart this knowledge to her son. I felt like I was having an out-of-body experience." Layla, 26

"During my first weeks at a new job, the receptionist randomly told me, 'Always get someone's astrological sign before you sleep with them: it's more important than their last name.' So weird, and yet I've followed her tip for the last five years." Stef, 25

"While talking to us about ancient methods of torture, a university tutor described how one hideous method involved peeling a piece of fresh root ginger and sticking it up a slave's bum hole, where it would create a lasting, intense burning sensation. He then added, 'The practice still goes on in S&M clubs today – it's called figging – and some people enjoy the pain, so there's something you might all like to try.'

Personally, I think my boyfriend would be traumatised." Alix, 32 ▶

"My very sweet Ukrainian bikini waxer once told me, mid-wax, during the super-humiliating bit when you have to bring your knee to your chin, 'This is the best position for your boyfriend. You try it tonight." Rebecca, 26

"A sign in the open-air hostel I was staying at in Costa Rica said, 'If you're going to have sex, please use protection: bug protection. The rest is up to you.' Apparently, a lot of people complained about nasty bites on their nether regions."

Amanda, 27

"The coffee shop
I go to always has
cheeky signs on the
window. My favourite so
far? 'Sex on television
can't hurt you, unless
you fall off.' Agreed."

Jane, 29

"I was in my local shop buying some wine for a friend's party, but ended up being tempted by some of those pouches of ready-mixed cocktails that you pop in the freezer, then squeeze out to make iced daiquiris. At the till, the shopkeeper said, 'My husband once spanked me using one of these – the cool temperature on my warm ass felt amazing!' Erm, thanks?" Clare, 23

"'Most women
completely avoid the
balls. That's a mistake.'
Words of wisdom from
my gay gynaecologist
during a routine check-up
don't even ask me how we
got on to this subject."

Elizabeth, 32

"I was chatting to a colleague in our office kitchen when the conversation veered towards her experience with a man who liked being dominated. Then, one of the other PAs walked in. so we immediately shut up. But as she was making her tea, she turned to us and said, 'You know, men like it when you leave your mark. Biting them on the shoulder always did it for me." Jessica, 30

"One time, my cab driver told me I'd never have good sex until I found religion. I think it was because it was a Sunday morning, and I was clearly not coming from, or going

not coming from, or going to, church..." Malia, 28

"I'll never forget when a TV advert for lube came on and my granddad shook his head and said, 'Lube? In my day, we used spit. It's free." Dee, 25

YOUR MUM SAID WHAAAT?

"She held out the shower head in her new bathroom and said, 'And this is great for sorting out my frustrations." Marisa, 30 "'Have you ever woken John by giving him a blow-job? You should. I heard about it on the radio.' WTF, Mum?" Alexis, 30 "'Sometimes, darling, it's better to fake an orgasm... just to get it over with. Er, no, Mum." Sarah, 33

"'You know, your dad never got the point of doggie style. Woman on top is so much better, don't you think?'" Rachel, 29 ③



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"IT'S HEAVEN ON A SPOON"

Angela W, Stockport

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recipients. And then? Hollywood couldn't have written a better ending. As told to Liz Brody



rin Roberts sits alongside her husband, Connor Rabinowitz, in their car, and watches him navigate the Seattle rush hour. Once they get to their apartment, they'll have dinner, watch TV, or just hang out on the sofa and talk about where they want to buy a house. It's your stock image of newlyweds. But what you can't see, tucked under Connor's shirt, is his gold heart necklace that says "RIP Kellen" – the name of Erin's ▶

Connor, 27, and Erin, 34, today

■ much-adored brother. Let's just say right here that the story of how Erin and Connor met is an unbelievable one. We'll let them tell it, beginning with Erin, 34, now pursuing a master's degree in counselling at Seattle University – a woman whose fierce love for her brother started it all.

A story of two siblings

ERIN Kellen was born in San Diego when I was almost two. Everything we did as kids, we did together. We were always a team, always a pair, like peas in a pod. I was nearly five and Kellen three when our parents divorced. Our mum ate beans for a year to buy a house in Seattle. She worked a lot as an office manager, but at 15, I had a falling-out with her and moved

into a fight at a party over a guy being bullied – he always stood up for the underdog. In a chase that followed, Kellen fell, hitting his head on the pavement.

By the time I got to the hospital, he wasn't talking or responding. My mother and I were called into a room, and someone asked her, "Did you know that your son was an organ donor?" I flipped out and said, "Why would you say that? We'll just take him home." And I remember the doctors looking around like, 'Oh, shit, she doesn't know.' They explained that he was brain-dead; we had until the next day to say our goodbyes. [Manslaughter charges against the man involved with the chase were later dismissed.]

I walked out of the room and didn't know what to do with myself. I wandered the hallways,



Above Kellen, three, and Erin, five, were inseparable as kids. Even as they grew up and Kellen travelled the world (above right), they were deeply connected. "He was such a huge part of my identity that after he died, I didn't recognise myself."

in with a friend's family. A couple of months later, Kellen said, "Why can't I live with vou?" And I said. "Come!"

Senior year of high school, my mother sent Kellen to school out of the country. He was away when my boyfriend, my first real love, was driving over to see me and his car crashed. After his death, I got close to suicide. If Kellen had been home, I'd never have reached that depth of loneliness. Somehow, not long after, I started dating a sweet man – we're still friends – and got pregnant. Christian was born on August 5, 1999, when I was just shy of 19. He gave me a reason to live. Then, that Christmas, Kellen came back. Seeing each other as he walked off the plane almost brought us to our knees. He was such a huge part of my identity – I'd missed him terribly.

After that, Kellen was always on the go. He was the type of guy to work, save money, then travel to Bali and give all his clothes to the village kids. He'd say, "I just need one fork, one spoon and one plate."

But in March 2005, I got a call saying he was in a hospital in South Dakota. He'd got

and around two in the morning just lay down with Kel. I wanted to memorise his scent, his self, his being. The next night he died. I went home and didn't get out of bed for four months, except to take my son to school. Our whole lives it had been Erin and Kellen, Kellen and Erin. I didn't know just Erin.

A boy fighting for his life Meanwhile, nearly two thousand miles away, in

Minneapolis, a teenage boy received a diagnosis that would turn everything upside down.

CONNOR RABINOWITZ Growing up, baseball was all I thought about. I started playing on a national team when I was 14. I knew I was going to hit the big time. During my third year of high school, I came down with flu-like symptoms. I didn't think anything of it, but a week later, my friends had to carry me out of a school dance because I couldn't move my legs. I ended up in hospital and remember a woman with 'CARDIOLOGY' on her coat walking into my room. She showed me a diagram of a heart and said, "Yours is not doing what your body needs it to do. We're going to ▶







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◄ try medications, but if those don't work, you'll need a new heart." I had congenital dilated cardiomyopathy. I was 17. I asked, "Will I be able to play baseball?" She said no. I cried, saying, "Baseball is all I ever wanted and now it's gone."

The medications worked for about a month. Then, my heart failed. So they put me on the transplant list. Most people die waiting, but in March I was eating chocolate from a bucket next to my bed – doctors had told me to gain weight – when my mum came in, snatched it out of my mouth, and said, "The heart's here."

For the first time, I got scared. All I could think was, 'I am going to get out of bed, walk downstairs, drive to the hospital, and get my heart cut out – I don't know if I'm going to

as current - as is, not was. It's amazing: Kellen's organs saved five other lives too. **ERIN** Connor's mother asked if we wanted to meet, so in August 2006, a year and a half after Kellen died, she and Connor visited. I was still grieving and nervous because what if I didn't like him? How would I feel if my brother's heart had gone to someone who wouldn't do it justice? My mum saw him across the hotel lobby and went to hug him. That's when I saw him looking over her shoulder, and we locked eyes. CONNOR I knew right then. It might sound crazy, but I knew. I remember staring at Erin. It was a feeling of complete comfort. **ERIN** There was an instant connection, but romance? No. The best way I can describe it is being drawn together like magnets -



wake up.' It didn't help that as they wheeled me into surgery, someone was picking up the bone saw and testing it. Then the anaesthetist told me to go to my happy place. The only one I could imagine was "baseball". When I woke up, it was the best day of my life.

An unusual friendship

Organ donations are almost always anonymous, but in the US and UK, the parties can write to the organ agency, which will pass on the letters. Connor's parents wrote first, thanking the heart donor's family. As he recovered, Connor did too. By then they knew Kellen's identity.

CONNOR It's hard to put into words how grateful you are for someone giving you life. I remember saying to Mrs Roberts that I'd made a necklace with Kellen's name on it.

ERIN When we got Connor's letter, the huge void seemed a little less empty. It was as if a part of Kellen was writing to us.

NANCY ROBERTS (ERIN AND KELLEN'S MOTHER) Here was this life Kellen had

saved, which allowed me to see my son

turned so they repel each other, because the attraction was so forbidden. I didn't let my thoughts go there. I was nearly 26, and he was turning 19. And I had a boyfriend. **CONNOR** We were both in relationships. ERIN Connor's mother, Kimber, pointed out that Connor's middle name is Erin, spelled just like mine, which we all said was a crazy coincidence. And over the next few days. my boyfriend and I showed him the sights. **CONNOR** On the way to the airport, I was in tears. I didn't want to leave her side. So we got each other's information to keep in touch. **ERIN** He came out twice over the next five years. He'd ask to visit, and I'd play host for a week, just hanging out, as close friends. During that time I was busy raising my son and had started teaching art at an after-school course. **CONNOR** I was playing baseball for a while I proved the doctor wrong about having to give it up. But I never got back to my full potential, and in college I realised I had more passion for giving back to people with heart conditions. So I did a course in cardiac sonography. In 2011, before I graduated, I went to Seattle ▶

Nearly eight years after first meeting, Erin and Connor realised their chemistry was real. In April 2014, he proposed (above left), and now they're married and living with Erin's son, Christian (above).

■ because I hadn't seen Erin in a while. ERIN That time, I'd broken up with my boyfriend. CONNOR We were both single.

ERIN And all of a sudden, he was a man, not a boy. When he left, I couldn't stop thinking about him. A day later, he called and said, "I need to tell you I have feelings for you." I suddenly felt a surge of energy, all hot in my chest.

CONNOR Actually, the phone went silent. She said, "OK. Thanks for telling me," very formal.

ERIN Because I was in the car with my mother!

CONNOR Finally she called back and said something along the lines of, "I have feelings too." I asked her to come to Minneapolis to figure

ERIN I went, but it's not like I got off the plane and we flew into each other's arms. We had to sort out how we were going to be together. So much physical and emotional tension had built up, and my anxiety was through the roof. That first day he showed me around his town. We hung out at his friend's. Drank beer.

things out. That was February 2011.

CONNOR Then we walked into my apartment, and the next thing I remember is kissing. **ERIN** It was intense. I think it was the day after when I first lay my head on Connor's heart and listened to it beating. I thought, 'How cool is this?' I mean, it's a piece of my brother. It's what kept him alive. Now it's what's keeping Connor alive.

A ring and a question

ERIN I stayed for a week: that last day I sobbed for an hour because reality hit. How would we tell people? Could we make it work long-distance?

ORGAN DONATION: THE FACTS

You're more likely to need a transplant than become a donor – 90% of people in the UK support organ donation, but only 31% have registered as donors.

There are around 7,000 people on the UK transplant waiting list. If you agree to donate all your organs, you could benefit up to nine people, with even more being helped through using your tissues. To join the organ donor register, go to organdonation.nhs.uk or call 0300 123 23 23. Also, tell your family your wishes — even if you carry a card, they would have the final say.

I said, "I'm already a mother; I've lived life. You're so young - how do I know these feelings aren't a crush?" He said, "I love you, I've always loved you. I'm willing to do whatever it takes to make this work. My feelings aren't going to change. They'll only get stronger." So we told our friends and mums. KIMBER SCHEPF (CONNOR'S MOTHER) If it didn't work, so many people were going to get hurt. But all you have to do is be around them for two minutes to know they're soulmates. **ERIN** My mum took it harder before she came around. NANCY I was afraid Erin had

not grieved for her brother fully, and that she was trying to hold on to Kellen in some way. **ERIN** Honestly, I hadn't thought of that. But if I were, the relationship would crumble, which was terrifying because I was in so deep. So I took time to ask myself, could my feelings be misplaced? And the answer was unequivocally no. I don't look at Connor and see my brother. My brother gave him a beautiful gift, but they're separate people.

ROBYN WIEGMAN (KIMBER'S COUSIN)

66 My brother

gave Connor a

beautiful gift. But

they're separate

people 99

I think Erin and Connor would have had a connection even without Kellen. They share a wry sense of humour, but the understanding of what they've lost and what they've gained is involved in the depth of their relationship.

ERIN In March 2012, I told Christian that Connor and I were 'official'. He said, "Mum, this is a lot to take in." But he was smiling; they've always been buddies. So Connor moved in with us. Then, in April 2014, when his family visited, we took a ferry to

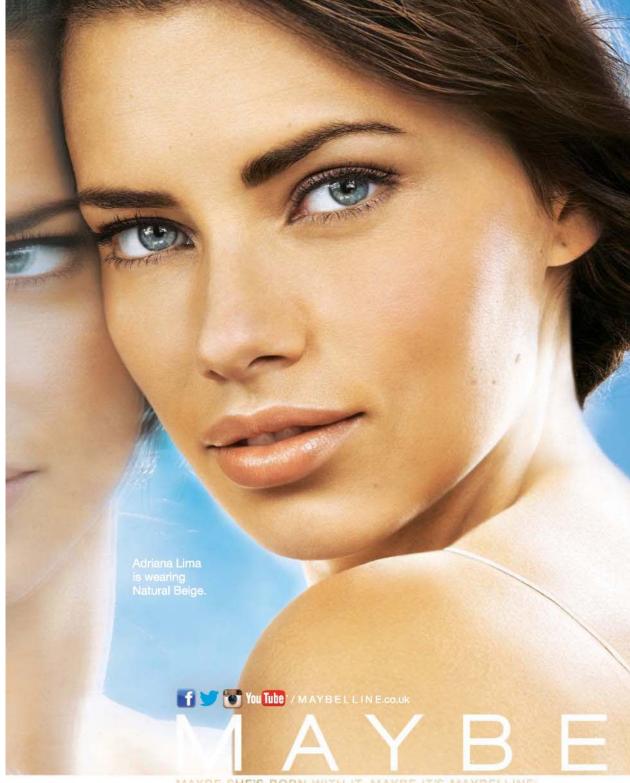
Bainbridge Island, Washington. I thought we were all going on deck to take a picture. CONNOR I started hugging and kissing her. Right before I went to put my hand in my pocket for the ring, I got really nervous. I think I asked if she would spend the rest of her life with me. ERIN The wedding was September 27. We'll probably move to Minneapolis, and once I get my degree, I want to help children in need. But we also talk a lot about having our own kids.

DR APRIL STEMPIEN-OTERO (CONNOR'S DOCTOR AT THE UNIVERSITY OF

WASHINGTON SCHOOL OF MEDICINE) There's a 50/50 chance that Connor could pass on the cardiomyopathy gene, although doing so wouldn't guarantee his child would get sick. Statistically, young patients like him live for 20 to 30 years after a transplant, but he's doing so well, my goal is to keep him going into his nineties. **ERIN** When we tell people how we met, we get tons of questions: were we scared that what we felt wasn't real? Does he feel like Kellen? CONNOR I do feel like I've known Kellen forever. I still wear that necklace that says "Kellen" and "552". That's our heart number, which the hospitals used to identify it when it went from him to me. It's funny, a heart is so symbolic - it means so much. When they cut mine out, it felt like they took away part of my life. But when I think of all that's happened since, I know I was given so much more. @

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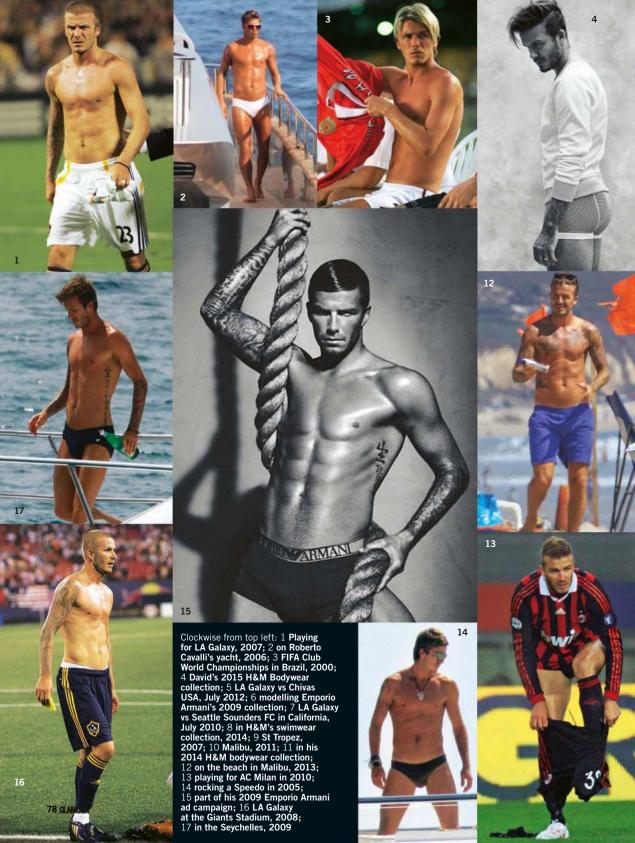
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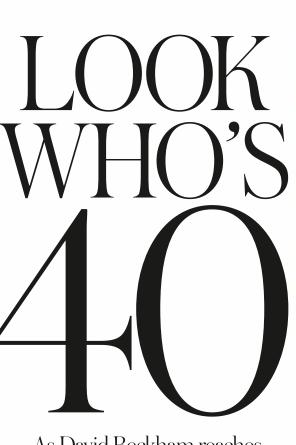
*Vs. Dream Satin Liquid

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NEWYORK







As David Beckham reaches this milestone age, we celebrate his unstoppable rise. You're welcome. By **Gemma Askham** ►



G LEGEND

ast year, a study claimed that men start to lose their sex appeal after the age of 39. David Beckham was clearly not on the research panel. Because, valuable as data collection is, it's not as valuable as the sight of a man in skin-tight pants. (H&M, we thank you.)

But of course you don't get 51.9 million Facebook 'likes' purely for giving good pant. Beckham, who turns 40 on May 2, is also a world-class footballer. His 20-year playing career kicked off at Manchester United and, after stints at Real Madrid and LA Galaxy, and six years as England captain, he retired in 2013 as the world's best-paid player. For a more graphic scale of his popularity, when he broke his foot before the 2002 FIFA World Cup. the story bumped the death of the Queen Mother from the front page of several newspapers.

But his feet were only ever part of the fascination. Two years after telling teammate Gary Neville that he wanted to date 'the girl dressed in a black PVC catsuit' from the Spice Girls' Say You'll Be There video, he married her. 'Her' being Victoria, VB, or henceforth Queen Victoria.

Then weird things began to happen: we lapped up their matchy-matchy 'couples' outfits that were choreographed more tightly than a Strictly routine. David got a mullet and ▶

Brand it like Beckham

With David on board, your product is made



PEPSI (1998-2008) The only campaign you need to remember is 2004, when

he dressed up as a gladiator. Russell who?



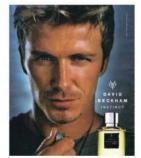
BRYLCREEM (1997-1999)

It was a match made in hair-product heaven. Until David shaved his head.



POLICE SUNGLASSES

(2001) Beckham, with jeans on, legs open, shades, and thoughts we daren't say out loud.



DAVID BECKHAM INSTINCT (2005)

David's first fragrance let us experience what smelling him would be like. It was so good that Intimately Beckham followed a year later.



ADIDAS (2002-2015)

DB signed a \$160million lifetime contract. Then joined Rita Ora and Pharrell Williams to re-launch Adidas's Superstar shoe.



BREITLING FOR **BENTLEY** (September 2013)

David became the face - and wrist - of the exclusive watch brand. Yes, he gives good wrist.



HAIG CLUB WHISKEY (April 2014) Partnered with drinks

launch a whiskey - and a responsible drinking programme to go with it.



BELSTAFF (March 2014)

A menswear collection that's the living incarnation of every woman's Beckham + biker-leathers fantasy.



1992-2003

Manchester United

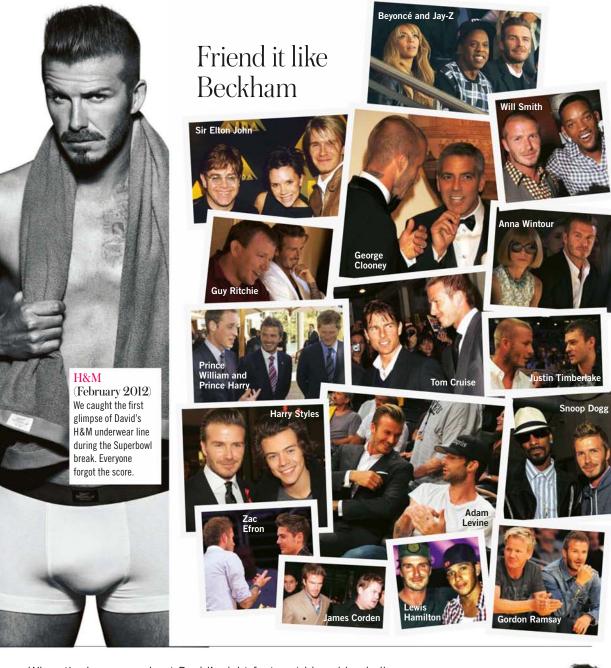
Started at 17, racking up six Premier League titles - until, after a 2003 defeat, manager Alex Ferguson kicked a boot that struck Beckham's eye, requiring stitches.

the FOOTBALL

1996-2009 England

Joined the squad aged 21 and went on to be captain for six years. David's ball-bending turned to rule-bending when he kicked Argentina's Diego Simeone in the '98 Fifa World Cup and got sent off.





When the hype was about David's right foot, not his golden balls

SIEMENS

2003-2007 Real Madrid Long before Ronaldo's diamond earrings hit Spain, David sparkled on the pitch. And off it, too, signing up with Victoria's (and ex-Spice Girls) manager Simon Fuller.



2013 Paris St-Germain Donated the entire salary of his five-month contract to a French children's charity. Ended his 20-year career on May 18, wearing Union Jack boots with his children's names stiftched on.

HERBAT





"When we went away for the first time, I took a pair of small, tight dark blue Gucci trunks with me. I was obviously trying to impress her. They were really small, but they worked"

David on Victoria

■ we still fancied him. He wore a sarong better than we could. He rocked double leather – something we still haven't managed to pull off.

He played to his, um, other asset. (Clue: not his foot.) Since 2012, he's been such a successful poster boy for his range of H&M underwear that designer Tommy Hilfiger – who David Beckham's never actually worked for – declared him 'the underwear model of the century'.

Stefano Gabbana, one half of the Dolce & Gabbana fashion house, credits Beckham as the one person they've dressed who's had the biggest impact on menswear sales. "He was the channel we needed to speak to men," Gabbana told the *Los Angeles Times*. "Here was a soccer player who is straight, with a wife and children, and men were saying: 'If he wore it, I can wear it too.' Before that, it felt like men's fashion was just for gay men."

Few people who've received an OBE from the Queen – awarded to David in 2003 for services to football – have also won such accolades as best celebrity suit-wearer, best male celebrity ▶

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◆ hair and the male celebrity most
Britons are likely to daydream about.

There are less visual reasons that endear you to David Beckham, too. His against-the-odds rise from working-class London boy to global megastar. His charity work - he's been a Goodwill Ambassador for UNICEF since 2005, and recently announced plans to dedicate the next decade to furthering his role, with a new scheme called 7: The David Beckham UNICEF Fund, which will target seven key areas of child hardship. He's also a patron of the Elton John AIDS Foundation and a founding member of the Malaria No More UK Leadership Council.

But the catnip that makes women fancy him and men want

"The other morning I looked across at David just after he'd woken up and thought, 'You look really crap.' Thank God, because this is a man who always looked so perfect"

Victoria Beckham

a pint with him (and vice versa)? The fact that he's so damn nice.

"His public manner is humble and respectful, he likes pie and mash, he's a family man. He never makes ridiculous or arrogant public statements to draw attention to himself," explains Andy Milligan, co-founder of brand consultancy Caffeine and author of *Brand It Like Beckham*.

In a recent interview, David hinted that his underwear modelling days could be coming to an end, saying: "I'm getting older now, I'm not sure too many people want to see me parading around in my underwear much longer. I've got four kids, I'm not sure people are comfortable with that any more."

No, David, we are. We really are. @

me

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"My neighbour groomed me to be a sex slave"

This woman spent her teenage years being abused by a man she trusted – but things were about

to get even worse.

Now 23 and finally free, she agreed to anonymously tell GLAMOUR her harrowing story. As told to Julie McCaffrey

ying there, eyes streaming, teeth clenched in pain, it was not how I imagined my first time. The man on top of me was not a long-term crush or school boyfriend I'd decided to lose my virginity to. He was a neighbour who insisted this was how I should repay him for his gifts and attention. He was 70. I was 13.

My neighbour, Keith*, seemed lovely at first. He lived just opposite our terraced house and we became friendly around the time I turned 13. We would chat in the street about his dog. Whenever it rained, he magically appeared at the bus stop to offer me a lift to school. When I had an argument with my mum, he spent hours listening to my side over mugs of hot chocolate at his kitchen table. And whatever craze I was coveting, whether it was gel pens or a Morgan school bag, he bought and gift-wrapped it for me.

At the time, Mum had taken on three cleaning jobs to support me and my older sister. She was out of the house from 6am until 11pm, so barely noticed my



G REALITY

■ developing relationship with Keith. If anything, it was a relief that someone was keeping an eye on me. Dad had left us shortly after I was born, insisting my skin was so fair, I couldn't possibly be his. Later, they divorced, so Mum was under immense stress as a single mother. Meanwhile, my 16-year-old sister was always off with friends, keen to shake off her little sister.

Keith made me feel he was the only person who truly understood and appreciated me. He convinced me my jumbled adolescent thoughts mattered. He said he saw my potential to be beautiful and brilliant. When our conversation segued into suggestive questions, alarm bells didn't ring. "Have you ever seen a man's willy?" was the sort of thing we all asked each other at school. "Had anyone popped my cherry?" was just Keith trying to really get to know me.

In the first six months of knowing him, the time and money Keith spent on me made me feel special. Then indebted. Keith said he was lonely and needed more from me than

66 He gave me a drink that made my body numb. When I woke up, I was naked 99

hugs. He said it was payback for all his presents. So in the back room of his house, a few doors from my own, I paid that debt. It was painful, but I didn't resist him — I remember thinking, 'Maybe this is what you do for men who give you things.'

When I told friends at school I'd had sex, I was proud. I felt elevated. Only the prettiest, most popular girls had older boyfriends and I felt promoted to their ranks. But as the weeks went on, when Keith picked me up from school and took me to his house for sex, I knew it was wrong and something I had to keep quiet. Not just because he told me so, but because, deep down, I felt ashamed.

I thought of telling my mum, but I didn't want to burden her. She came to the UK after marrying Dad and still tried to live by the very conservative values of her Asian family. Her relatives believed that her divorce tainted their family honour and they disowned us. If she'd known I'd had sex before marriage, let alone

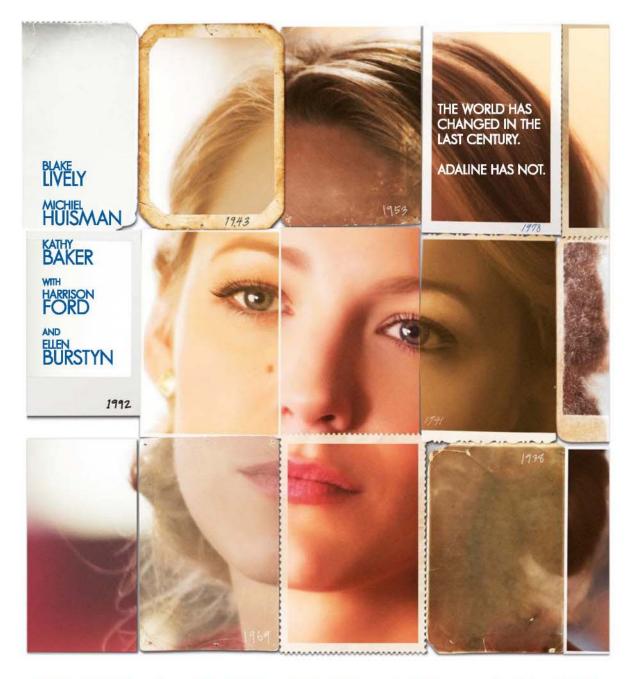


with an elderly white man, she'd have felt deep shame and fury. Since Dad had left, she'd already suffered nervous breakdowns. She stayed indoors for days, crying, and repeatedly banged her head on the walls. I didn't want to add to her problems.

Then there was my sister, who had warned me about Keith. She said it was weird that he always asked for hugs, and held those embraces a few seconds longer than were comfortable. At times, I wished I'd listened, but I also wanted to be grown up, independent and make up my own mind. And I craved the affection and attention he gave me.

t school, I tried reaching out to teachers. In class we studied Tracey Emin's Everyone I Have Ever Slept With artwork, which was a tent scrawled with all the names of her sexual partners, so I attempted something similar. I ripped Keith's love letters into pieces and used them in my art project. I daubed phrases like, 'I wish my body was mine' across them. The school contacted Mum to say they were concerned about my expressive work.

After that, social services visited. It caused more rows between me and my mum. I denied any sexual activity and then later cried about the fall-out on Keith's shoulder. By then he was giving me cash to save me the embarrassment of claiming free meals at my well-to-do school. This meant I fell deeper into his debt and he kept repeating that ▶



THE AGE OF ADALINE CINEMAS MAY 8

TARREST TARRES



■ nothing in life was free. We'd never had money when I was growing up, and I was taught that to get nice things we had to work hard. In a way it made sense to me that I had to repay Keith for his cash and gifts.

Two months after I lost my virginity, Keith asked me to sleep with friends he invited to his house. He owed them money and said that if I had sex with them, I'd help him stay out of harm. I'd been brought up to respect my elders, so I obeyed.

Keith gave me a drink that made my body numb, my mind woozy. When I woke up, I was naked and couldn't move my legs. But I knew I'd had sex with multiple men – not just because I was bleeding, but because they had explicit photos of me on their phones. When they showed me them, I felt sick. I begged them to delete the pictures, but they said they were for personal use.

he photos were used to blackmail me into having sex with other strangers. They threatened to show them to my mum, which seemed somehow a worse prospect than what they were doing to me. It was horrific, but the more men I slept with. the more I liked Keith. He was so much nicer to me than they were. He didn't refuse to wear a condom like they did. He didn't beat me up after rough sex, stab me with a needle or carve his name into my skin like they did. Maybe he actually cared?

I'd creep home late in the evening, nursing my injuries, but Mum was never there, and my sister was very private. If I stayed out all night, I told them I was at a sleepover.

With so many secrets, it was hard to concentrate at school and my work bombed. I was suspended for not wearing my uniform, but couldn't tell teachers it was covered in semen. I was given detentions for refusing to do PE, but I didn't dare explain I was hiding severe bruising on my legs.

When a teacher alerted social services to the cuts on my face and body, Mum was interviewed, but she denied she'd inflicted the

injuries. To counter this, Keith would call the police and say he'd witnessed my mum beating us. He lived so close he could often hear us arguing, so it seemed believable. He ensured all fingers pointed at Mum and away from him.

Not long after I left school at 17, Keith moved to the south coast – I never heard from him again. I missed him hugely – in spite of everything, he was one of the few adults who actually looked after me. I felt he loved me. Only

later did I find out he was on the Sex Offenders Register and that his parting shot had been to trade me to a gang of Asian men. All I knew at the time was that my life got even worse - a group of men never left me alone. Every day, I was hidden under blankets in a car and driven to a house or hotel where I'd have sex with up to ten men. I took the diazepam they offered; it dulled my thoughts until I was a zombie, and anaesthetised my body to make even the most painful sexual positions bearable. Soon I was addicted.

At home, Mum was exasperated by my sullen, secretive attitude. I was stumbling home in the early hours, and couldn't get out of bed until late because I was sleeping off diazepam. She thought I was lazy and my suggestive clothes and constant male callers offended her traditional values. From her perspective, I had become the daughter from hell. When she threw me out. I didn't

argue – the gangs knew where I lived, so it was safer for Mum and my sister if I left.

Most nights, I slept on the floor of storerooms above gang members' takeaway shops. I was only ever paid in phone credit, cigarettes or drugs, so barely ever had more than £10 in my pocket. Sometimes men treated me nicely by finishing quickly – I'd be so grateful. More often they were evil. One man felt he hadn't received what he'd ordered because I wasn't fully shaved down below, so he set my pubic hair on fire.

During numerous hospital visits, I lied to the doctors who set my broken nose or ▶

GROOMING: THE FACTS

495 sexual grooming offences were reported by the Home Office between September 2013 and September 2014, up 32% on the year before.



56 UK-born children are thought to have been trafficked for sexual exploitation in 2013 – more than double the previous year.



"Groomed teenagers are usually unaware they are being abused and often believe they are in a loving relationship," says Fleur Strong, director of Parents Against Child Sexual Exploitation (Pace). "They may become secretive, stop engaging with usual friends and be prone to sharp mood swings."



For more common signs of grooming or abuse, visit paceuk.info

■ dressed my burnt scalp. I gave them
a false name and date of birth. I was too
frightened to explain that the man waiting
for me in the corridor swore he would
murder me if I told the truth.

hen routine blood tests for STIs (amazingly, I didn't catch any) showed I was pregnant, my first thought was that this could finally be a way out. But mother and child accommodation is only assigned when you are 20 weeks gone, and I miscarried before then. The father could have been any of the 40 men I'd slept with in the week of conception.

My feelings of utter desolation and desperation grew. I tried to escape, but had nowhere to go, no money. Every exit was

66 It's slowly getting easier to believe I deserve a happy future. I now wake up feeling free 99

blocked. Even if I stepped just a few yards on my own, I was followed. When I ran away to domestic abuse refuges, I couldn't stay long because I didn't fit their remit of a domestic abuse victim – they classed me as a sex worker. I considered returning home, but worried I'd put my mum and sister in grave danger. When I ran to the police, the false details I'd given the hospital meant I couldn't pin down dates of attacks. Being smuggled into houses and hotels prevented me locating where the abuse took place. I had no names of gang members or abusers, nowhere to turn and no hope.

I was so low that in August 2013, when the gang threw me out of their car and doused me with petrol, I thought, 'Go on, then. Light the match. Kill me. I have nothing to live for.' They didn't, but I was picked up by the police. This time, a lady from Victim Support told me to call The Salvation Army because they deal directly with people who are trafficked. It was the first time I'd heard that word. The label confused me at first, then fitted. I had been illegally traded as a sex slave. I wasn't paid, but the gang made a lot of money out of my services.

Within 90 minutes of me calling The Salvation Army, two volunteers arrived

to drive me hundreds of miles away to a safe house. Other trafficked women lived there too, some from Britain, some from abroad, all with their own shocking stories.

At first, I was too scared to believe my nightmare could be over. It helped that the volunteers took my phone, releasing me from the constant threats, and that I was far from home, so I stopped worrying that every car I saw was prowling for me.

But the relief was hard to process. I was finally in a safe house with a clean bed, warm shower and someone to make me a cup of tea without asking for payment in sexual favours.

Over the following months, The Salvation Army pieced me back together. They helped me break my addiction to diazepam and gave me medical support, counselling and

support applying for benefits. I'm now having surgery to correct my broken nose as well as anal and vaginal reconstruction, so my body will soon be mine again.

Beyond this, what I want most is to be reunited with my mum and sister. I don't blame them for what

happened. They are still hurting, too, because of all the lies I told them, and I will always love them. For now, it's enough that they know I'm safe and that they are too. The police have put cameras outside their home to protect them from gang members who might seek revenge. Right now, I can't face prosecuting the men who abused me. I'd rather focus on getting my life straight.

My ambition is to study at university so I can teach people how to spot and stop grooming. The thought that I might be able to prevent even one case drives me. But first, I'm learning how to live normally. One of the biggest challenges has been believing that I deserve a happy future: 18 months on from my escape, it's slowly getting easier. I now wake up feeling free – and I appreciate that more than anyone can imagine."

WHERE TO GET HELP

If you believe that you, or someone you have come into contact with, are a victim of grooming, sex slavery or trafficking, call The Salvation Army's 24-hour confidential Referral Helpline (0300 303 8151) or the government's Modern Slavery helpline (0800 012 1700). Call the police on 999 if you think someone is in immediate danger. For more information, visit salvationarmy.org.uk/human-trafficking and paceuk.info



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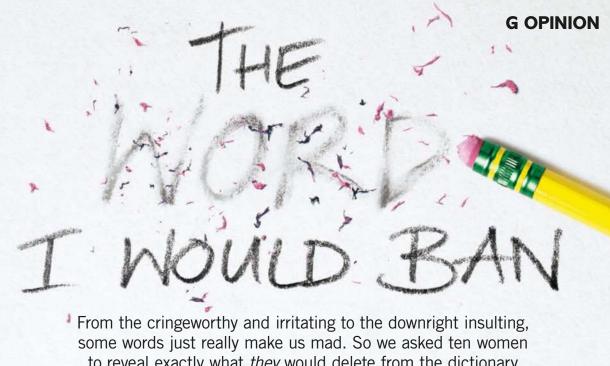
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Illustrations by Caroline Andrieu

Caitlin Moran Journalist and author

"This seems to mean dropping a hundred notes on having your pubic hair ripped out, your face covered in a mild acid peel and being told you have rough skin on your feet, while wearing a dressing gown and listening to music six thousand times shitter than the worst thing you ever downloaded drunk off iTunes. 'Pampering' actually means 'costly self-flagellation'. Do you know what real pampering would be? Having Richard Burton – in his prime – face-muff you for two hours on the balcony of a hotel in Venice. THAT's pampering."

Katy Brand

Comedian

"I've always wanted to ban this word - why is there even a word for breast that is synonymous with mistake? Also, it has a desexualised, pantomimey, non-threatening feel to it that doesn't properly respect the breast in all its glory - here is a body part so versatile it can go from feeding your baby to turning on your man. That's no mistake."



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G OPINION



"The word 'spinster' conjures up images of middle-aged women covered in cake crumbs and cats, yet the male equivalent is the rather adventurous-sounding 'bachelor'. Spinster feels negative and like it wasn't the woman's choice. But in this day and age, there's nothing wrong with being single. We should celebrate it."

Adele Parks Author

"This is one of many pejorative terms used almost exclusively against women to make them feel bad about their sexual choices. Originally, it meant dirty or unkempt (which is not that much kinder), but the modern sense of the word has been knocking about since around 1450. Time to let it go. 'Slag' is just as bad. I wish there weren't any words like these that undermine girls and women. The lack of a comparable term for men highlights the double standard in society's expectations between males and females."

Adele's novel. Spare Brides. is out now

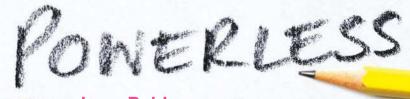
Bryony Gordon
Author and Telegraph columnist

"Could this be the most condescending way to refer to someone's other half? It's always delivered with a patronising smile, as if the person is describing a small child, or a creature that lives in the cupboard under the stairs. I always want to answer the question, 'How's your hubby?' with an emphatic, 'Never mind him, I think I'm about to gag.' I have a husband, not a hubby, and if he ever called me 'wifey', he'd be for the chop."



"I have a problem with this word, particularly in the phrase 'young, independent woman'. I blame Destiny's Child. Independent from what? From who? Financially? Emotionally? Sexually? By constantly referring to women in this way, we're reinforcing this idea of the inescapable patriarch. I'm pretty sure my brother, my boyfriend and my male colleagues don't feel pressure to be deemed 'young, independent men'. Lucky them."

G OPINION





Lucy Robinson Author

"Sure, we're powerless over what goes on around us, but are we powerless over ourselves? No, we are not! For years I allowed myself to believe that I couldn't control my thoughts, my actions, the things I said and did, the things I ate, even. 'I can't help it,' I whimpered, shovelling entire cakes down my gullet. Then, I spent a year in bed with chronic fatigue syndrome (ME). When I finally recovered, I realised I was in control. Now I believe unstintingly in my own power. I am not a victim of my brain and body: I am their boss. And they'd better watch out, because I'm not taking any shit now. I'm a powerful woman. And so are you." Lucy's novel, The Day We Disappeared, is out on April 9



Sali Hughes

Writer and broadcaster

"Please can someone put this word in a lead box and bury it 20ft under? I loathe it because it's a fast way of unfairly dismissing women who you're intimidated by. Time and time again in my career. I've heard someone called a 'bitch', only to meet her and find she's just strong, ambitious, exacting and knows what she wants. In other words, a powerful female. To me, 'bitch' means someone mean, spiteful and unkind. Those people are exceptionally rare and certainly not confined to our own gender. Genuinely, in 25 years, I have never worked

with a woman who could

rightly be called a 'bitch'."



Naga Munchetty BBC Breakfast presenter

"The word is often applied to women when they enforce a point because they feel strongly about something, or simply when they don't want to be part of sexist banter. You rarely call a man 'uptight'."



Jane Fallon Author and TV producer

"I know it's officially two words, but please let me ban them. At least in a work context. For me, it just means you're doing your job properly, worrying about all the little details and making sure everything is the way it should be. It should be a positive thing. I've never seen it used as a compliment, though. Or maybe I should just reclaim it. 'I am a control freak.'" **G**



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From *Game Of Thrones*' pint-sized badass to bona fide movie star, Maisie Williams is all grown up (and did someone say new style crush?). By Helen Whitaker

ou're not allowed to stay in a hotel room on your own if you're under 18," Maisie Williams sighs. It's something that has been the bane of the 17 year old's working life since she landed the role of butt-kicking, boy-impersonating Arya Stark in *Game Of Thrones* in 2011. At 16, she no longer needed an on-set chaperone while working (and was able to move into her own flat in her home town in the West Country), but she still wasn't allowed to stay alone in a hotel when auditioning in London.

"I used to bring an older friend, but then I would go to pay for the room and they'd say, 'You can't do that either.' I understand there has to be a rule, but it's frustrating when I'm working in London and have my own money, but I can't stay because I'm not the right age. I'm not going to trash the room!" she exclaims. "I just want a place to stay."

Fortunately this month, Maisie turns 18. "I'm going to check into a hotel," she grins, "and they'll be like, 'Can I see some ID?' And I'll be like, 'Yeah, you can." She mimics slapping her passport down onto a counter. "BAM. That will be great."

Appropriately, the film release that coincides with this landmark birthday is a coming-of-age story. *The Falling* is about a girls' school in the 1960s and a mysterious fainting epidemic that sweeps through its teenage pupils. Maisie plays Lydia, a troubled, bookish teen, overshadowed in every way by her beautiful and popular best friend,

Photographs by **Naomi Yang**Fashion Editor **Karen Preston**





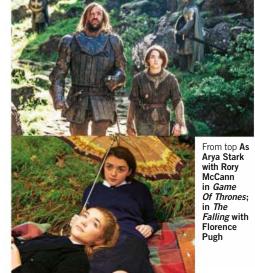
■ Abbie (Florence Pugh). Lydia loves Abbie almost to the point of obsession, but is envious and judgemental of her burgeoning interest in boys and sex. The film is terrific, eerie and atmospheric (aided in no small part by a Tracey Thorn soundtrack). The extremes and conflicts of teendom are perfectly captured, and the fainting scenes add a sinister extra layer. Clueless it isn't; The Virgin Suicides would be a more accurate comparison.

For the film, Maisie had to perform her first sex scene. "It was *really* awkward," she admits. "Joe Cole [her co-star] has done sex scenes before, in *Peaky Blinders* and *Skins*, but this was my first. There wasn't any nudity – but because of the way it was shot, they needed to



SOME FANS STILL SEE ME AS THIS ANDROGYNOUS 12 YEAR OLD





put the bed on stilts. Of course, one of the stilts fell off and the bed broke. It was an experience."

Maisie is also back in Westeros this month with the return of *Game* Of *Thrones*, where Arya Stark has fast become one of its most beloved characters. (Her popularity has been credited with the 187 baby girls so-named in 2013.) "I was 12 when I was cast – I've literally grown up in front of people, but some fans still see me as this androgynous 12 year old. When I'm on the red carpet,

they're like, 'Stop trying to look so grown up, you dress inappropriately.' But I'm like, 'Guys, I'm nearly 18.'"

Yet despite adulthood – and her career – calling, she doesn't have any plans to relocate to The Big Smoke just yet. At least not until all her friends start going to university.

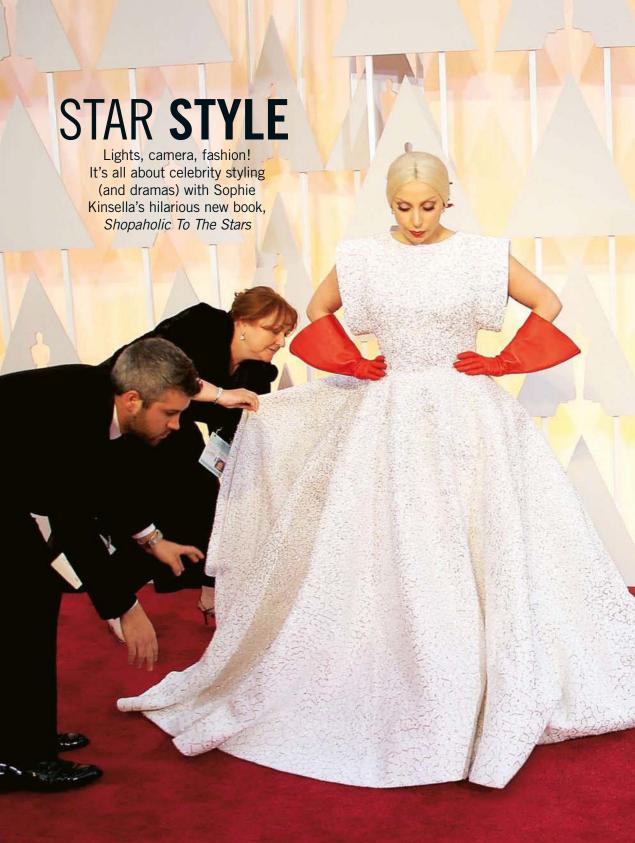
"I feel like I'm coming to the end of one chapter and

when I move away from home I'll be going into the next one," she says. "I just don't want to be the first person to do it, so I'm just going to hold out until everyone else has left and then I'll be like, 'I guess I'll go to London, then!" **G**

The Falling is in cinemas from April 24;
Game Of Thrones Season Five starts on April 13



G CELEB





iust shoe shopping and LA lunches. That's right, the clothes-loving heroine of Sophie Kinsella's Shopaholic series is back - and she's taking on Hollywood, one clutch bag at a time. Having moved to the States, Becky's determined to get in with the celeb scene - once husband Luke introduces her to his A-list client, Sage Seymour, that is. With her sights set on a career as stylist to the stars, all it takes is one chance encounter to give Becky the opportunity she needs. But in between style stresses and chasing celebs, she loses touch with her family and best friend. Caught up in the whirlwind of LA life, has Becky finally gone too far?

The much-anticipated new instalment in the Shopaholic series, *Shopaholic To The Stars* is unputdownable page-turning fun and laugh-out-loud moments from the start – get your copy now! Available in paperbook and ebook, priced £7.99.

JOIN IN!

Join Sophie Kinsella online at Facebook/SophieKinsellaOfficial or on Twitter @KinsellaSophie



Imagine having that job. Working on films; choosing outfits for actors; styling stars for appearances... That's the job I should have. I love clothes, I love films, I'm moving to LA... why didn't I think of this before?

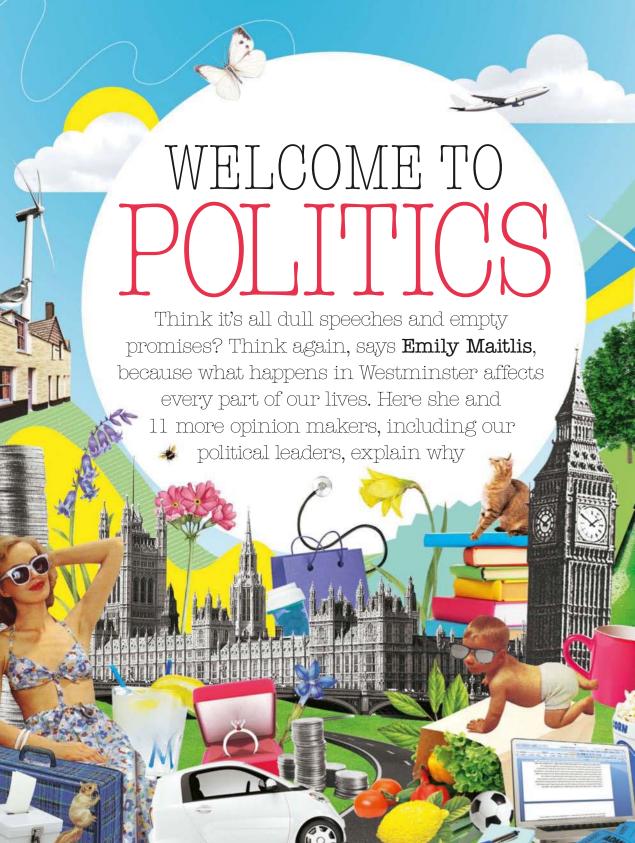
5 WAYS TO ACE THE RED CARPET

- Wearing a short dress? Team your frock with some chic nude heels — hello, longer-looking legs!
- ② Use a lint roller to remove any pesky fluff. Don't have one? Wrap duct tape or Sellotape around your hand and pat your outfit.
- 3 Before you go out, do a 360° mirror check to fix any last-minute issues. (Bra straps showing? VPL? Spotted and sorted, phew...)
- ◆ For make-up that lasts the evening, try Urban Decay's All Nighter Makeup Setting Spray, £21. Give good face, for longer.
- **5** Smile. Nothing looks better!



WIN THE ENTIRE SHOPAHOLIC SERIES!

Desperate to know about Becky's other adventures now? We bet you are. So we're offering you the chance to win the complete collection of Sophie Kinsella's Shopaholic series (start planning that beach holiday now!). Just email your contact details to glamour.promotions@condenast.co.uk for your chance to win.



ELECTION 2015

ou know there's a general election coming, but when you think of it, this wave of apathy washes over you. There's a nagging feeling you should get involved, but another voice is saying, 'What's the point?' When you think of politics, all that comes to mind is men in grey suits droning on, promising things you know they won't deliver. And nothing you can do will change anything anyway.

Is this you I'm describing? Because if it is, give me just five minutes of your time.

I'm not trying to make you like I am. I'm not suggesting you get an 8ft-high map of the UK that colours up into political parties, or suggesting you play the MP version of Snog/Marry/Avoid (our post-Newsnight green-room drinking game). I am what they technically term 'a sad git'. But forget for one minute the grey suits – let's look at the issues.

Last year, the independence referendum in Scotland nearly spelled the end of the UK. Then there's the question of whether you think it's worth spending £100billion – almost the size of the entire NHS budget – renewing our nuclear defence option,

Trident. Where you stand on this could help you decide who to vote for:

– the Conservatives want it, the Green Party, SNP and Plaid Cymru don't.

Closer to home, there's the issue of bedroom tax – if you're in council accommodation and have a spare room, your housing benefit is reduced. The Tories introduced it, Labour would get rid of it. These are actual policies that will hit your own pocket.

Over the next five years, the government will be managing massive questions. Can the NHS survive in its current state? What's going to happen to care for the elderly as more and more people enter that age bracket? Are we going to allow science to revolutionise the way we cure diseases? And, of course, more questions of security; how do you think we should be fighting ISIS? With soldiers on the ground? Or drones? Or better education here at home for all the young people who want to join jihadist fighters in Syria? Do you want the government to run more of our services privately? Or should we have a bigger safety net of support in the welfare state that pays out pensions, benefits and free hot lunches?

Politics helps us tackle these gigantic questions. But really it's very simple: how you want your money spent. And what sort of a country you think we should be. A general election is still the greatest adult mass participation event we have. Last time around, in 2010, 29 million of us (65% of the population)



made that cross in a box. That's more than the number of adults who watched the royal wedding, or the Olympic opening ceremony in 2012 – so don't tell me that democracy is dead.

ut let's get back to the grey

suits. I constantly hear that 'politicians are all the same'.

Really? Boris Johnson and George Galloway? Nigel Farage and Caroline Lucas? Diane Abbott and Zac Goldsmith? I'd like to see the dinner-party chat there. If they sound the same, it may be our fault. The media's relentless intensity means they may try to make themselves less characterful. Do me a favour – cut through the boring bits 'til you find someone who makes sense to you.

I find myself coming to the defence of politicians because I'm just so grateful I don't have to do what they do – the most hated job in the country. They get slagged off in print, yelled at in public, abused in a way we wouldn't tolerate. We accuse them of being selfish, greedy narcissists (and yes, *some* are, but not all). And

they keep on having to tell us how grateful they feel being allowed to serve the public.

There are good politicians – and some who are truly dire. But it's a cheap shot to think they're 'all in it for themselves'. Spend a few minutes finding out who isn't. Go to a local hustings or watch *Newsnight* or *Question Time*. Read the *Financial Times* or Caitlin Moran on Twitter. It won't be dull if you find the right tempo for you.

My friend recently told me about his mum. He said that in the 1950s, her dad asked her if she wanted to be a secretary

or a nurse – because those were the jobs that women did back then. In the 1960s, she tried to buy a house on her own and was laughed out of the bank. In the 1970s, she went to her doctor to ask for a contraceptive coil. He sent her home to get her husband's written permission. Her Husband's Written Permission. Do you think these things would ever have changed if women didn't get involved with politics? Neither did she.

Nick Clegg, the Lib Dem leader, said that not voting is like going to Nando's and letting someone else order for you. You can't then complain about what you're given. He has a point: the next election is wide open. We're all stumped for a forecast. The outcome will literally depend on who shows up. I happen to love my Nando's with hot chilli. But if you have different tastes, different needs (and I suspect you do), then make that five-minute walk, pick up a pencil, and vote.

Emily Maitlis is a political editor and presenter of BBC2's Newsnight

"Really, politics is

very simple: how you

want your money

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of a country you

think we should be"

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Opinion makers and our party leaders on why politics matters



forgiven, looking back on the past five years, for thinking that a coalition government signalled the onset of a dark new era of politics. There was Nick Clegg, swearing blind he'd resist increases to tuition fees, then doing the opposite; then David Cameron disappointing his believers and blaming the Lib Dems any time he wanted to tack to centre. What happened to the good old days, when ministers all pulled together?

Actually, those days were never real. Governments "Now you have always can pick been coalitions; a party that the difference represents you" is, now they're ones we can see. instead of those formed on the basis of backroom deals. Now you can pick a party that represents you and believe it could actually influence things. It might make compromises along the way. But isn't that preferable to the flawless principles

of permanent opposition?"

Lucy-Anne Holmes

Founder of the No More Page 3 campaign

"Politics used to baffle me. A lot of posh men baying at each other didn't seem like the most sensible way to govern a nation. But then I started my campaign to ban Page 3 and met some wonderful MPs. In the 1980s, MP Clare Short stood up and spoke about Page 3 — and was jeered at and belittled by male MPs. The subject was dropped for years, until Caroline Lucas debated media sexism in Westminster in 2013. I was there; it was moving and powerful. Jackie Baillie in the Scottish Parliament and Rebecca Evans in the Welsh Assembly did the same. These women were able to speak out, partly because they knew that thousands of people supported what they were saying."





Rory Stewart Conservative MP

"Politics defines the most fundamental structures of our lives. It determines whether we can be tortured with impunity, whether we go to war. It defines our education, our access to healthcare. It is the structure that underlines the character of our civilisation.

Politics is also perpetually disappointing; our politicians are always lesser people than we'd like, our societies never live up to our expectations, our democracies don't seem to echo our imagination.

But I have just returned from Afghanistan, where the problems are political: civil war, terrorists, drug lords, children dying and extreme poverty. In Europe, we've never been so healthy or so educated. We can travel far more widely than our grandparents and we don't feel an imminent threat of invasion. These things are products of politics and a powerful argument for citizenship."

"We've never been so healthy or educated. These things are products of politics"



Zoe Williams Columnist and author of Get It Together: Why We Deserve Better Politics

"What politicians say about university education can look a bit deadening: party promises x, delivers y, nobody's to blame and everybody is. But grass-roots campaigns in Germany, aiming to 'free education', have been stunningly successful. Last year, they

scrapped tuition fees – even the least generous state funds one degree. Look upon the election as a starting gun; vote, for sure – but after that, participate."



Nicola Sturgeon First Minister of Scotland

"Last September's independence referendum energised the country politically as never before, and I'm

proud to have been involved with giving 16 and 17 year olds the chance to vote. That policy helped in fuelling the democratic engagement that saw a turnout of almost 85%. I encountered time and time again an overwhelming desire to create a fairer society, as well as a more prosperous one — it was an exhilarating experience, where we got to ask about the sort of society we want to live in."



"It's tempting to talk about the struggles to achieve universal suffrage, the lives that have been lost, the responsibility we have to vote – but I'm not sure that works. I think it's better to look

sure that works. I think it's better to look at the dangers of *not* voting. Since 2010, spending cuts have affected everyone, but on average, people who voted are £1,850 worse off. Non-voters are £2,135 worse off. If you don't vote, you get hit where it hurts most – your wallet. That's because politicians look after the people that have elected them. It literally pays to vote."



"Politics is about how we choose to live together.
Do we accept a country of food banks and the
super rich buying up huge empty penthouses? Do
we accept that every problem is down to 'immigration'

when the movement of people is inevitable in a global economy, and when without immigration our NHS – created by 'politics' – would collapse? There are squabbles between the parties and you may choose to accept that nothing ever changes. But don't be surprised when it does. Gay people, once criminalised, can now marry. This is but one of the many worthwhile campaigns that first existed outside Westminster. Get involved and you will find that politics is really about passion, power and people."



Baroness D'Souza Speaker of the House of Lords

"Politics drives democracy.

And democracy is not a done deal – it needs constant care if

it is to protect our individual rights. Our freedom of speech, movement, thought and worship are guaranteed, and every adult citizen has a vote. And parliament has a duty to protect these freedoms by holding the government to account. Without elections, without parliament – and yes, without the politics that goes with them – there is no freedom."

WHAT THE LEADERS SAY



David Cameria

Prime Minister

"I know some people are cynical about politics. But do you care about the jobs available locally? About your GP practice and your hospital? Do you care about the transport you use and your home? About how much money you earn after tax? Yes? Then you care about politics.

When we came into office five years ago, the economy was in a terrible state. People were losing their jobs, their homes – their sense of security. That's why we set about a long-term plan to turn this country around. We've shown the difference politicians can make. We're making our economy strong – and that's the key to everything. I'm not saying things are perfect, but we're going in the right direction. We need to stay on track. That's why what happens on May 7 matters more than ever."



Nick Clean

Deputy Prime Minister and Liberal Democrat leader

"Politics is about people's lives and about what sort of country we want to live in. For example, over the past five years, we've made leaps and bounds in valuing mental health equally with physical health. For a person with mental health issues, this means the chance to be seen by a doctor with the same speed and care as if they had broken their leg. Similarly, you'll hear us talk about the two million extra jobs we've helped create. For a young person, this means the chance to forge their way into the world of work, earn their own money, build their self-esteem or learn a new skill. Politics makes a huge difference to people's everyday lives. It is for this reason I am in politics and still positive about what politicians do."



Ed Miliband

Labour Party leader

"Seventy years ago, my parents were refugees from the Holocaust. As Jews in Europe, their lives were under threat. Many of my relatives were killed by the Nazis. Our great country enabled my parents to build a life for themselves. While I was growing up, they both taught me how important politics can be because of what had happened in their own lives. These lessons have stayed with me and that's why I believe it can change things for people. Our country needs big change so we can build a Britain where working people are properly rewarded once again. That's why, if I'm elected Prime Minister, the government I lead will increase the minimum wage to £,8 per hour, build 200,000 new homes a year by 2020 and recruit another 20,000 more nurses and 8,000 more doctors to the NHS." @

Calling all beauty addicts

If, like us, you love all things beauty, then this invite is for you. Join the GLAMOUR team at an exclusive Balance Me reader event for an evening of pampering, beauty discounts and loads of beauty inspiration



here's nothing us GLAMOUR girls love more than being on top of the latest beauty trends and getting the inside scoop on products tailor-made to suit our complexions. So an evening with Balance Me celebrating all things beauty was just up our street. Add to that an exclusive 15% discount* and goodie bags worth over £50 each and we couldn't be more excited. Want to get in on the action? Join us at an exclusive reader evening in central London. Balance Me beauty experts will be on-hand to answer all your skin-related questions and pamper you with free skin scanning and personalised treatments. Whilst vou're there, enter our free-prize draw for the chance to win a Balance Me hamper worth £150.** You'll also get to meet the GLAMOUR team and Balance Me co-founders as our Retail Editor Jo Holley gets the inside scoop on skincare. So join us and take the first step to getting a balanced and happy complexion. Your skin will thank you.

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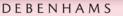
When

Wednesday May 6
Time
6:00-8:00pm

How to get tickets

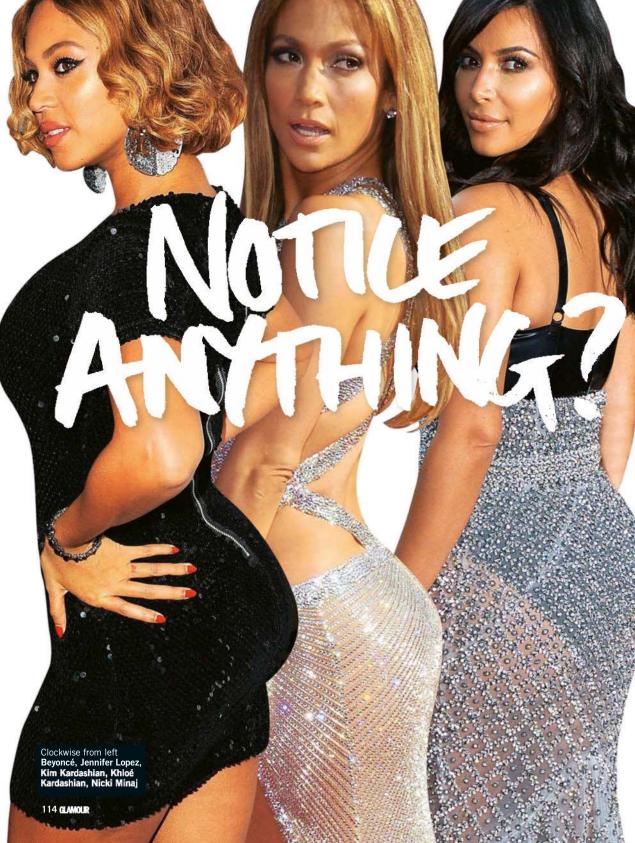
Email glamourevents@condenast.co.uk to stand the chance to get tickets for yourself and a friend. Tickets are limited and available on a first-come, first-served basis.







balance me



There's a revolution on the red carpet (and the runways) – and big butts are taking over. Which means it's time to celebrate, says **Sophie Ellis** (right)

66 This season, fashion

is embracing the bum

like never before "



y ass has always been, well, a pain in the ass. Ever since I hit puberty and realised the full extent of its disproportion, I've gone to great lengths to hide it. In my arse-nal (sorry) were A-line dresses,

Spanx, black jeans and oversized jumpers. But still, the stigma of a protruding posterior plagued me. I'm by no means a large lady, but I was always the girl with the hungriest bum on the beach, grappling with bikini bottoms as they disappeared between my cheeks. I've broken countless belt loops of jeans in the wrestling match between denim and derrière, and squeezing out of cinema aisles or restaurant tables usually results in a spillage or an embarrassing ass-to-nose situation. The clothes I wanted to buy never looked quite the same as they did on my smaller-bottomed friends, either.

Now, everything has changed. Big bums are IN.

Towards the end of last year, Meghan Trainor sang about bringing booty back in *All About That Bass*, and *Vogue* magazine confirmed that we were indeed facing the 'Dawn Of The Big Butt', noting

the bum's sudden synonymy with sex appeal.

So how did we get here? Well, whether you believe it's natural or not, Kim K and her bottom cemented the zeitgeist. After that *Paper* issue, her PVC-clad ass literally broke the internet as *Paper*'s website saw 6.6 million page views in one day, making it the most viewed bum of all time. But it's not just the bums we're in love with, it's what we can do with them. Twerking is basically jazz hands for our behinds. And while, in the early noughties, a protruding thong was seen as tacky, a good bum cleavage shot is now revered on Instagram. Big-bottom promoter Jen Selter has 5.5 million followers – that's more than Michelle Obama.

People are now paying money for something I've been trying to disguise for years. A Brazilian Butt-Lift (where fat is injected to your bottom) will cost you £4,000, and there are implants, too. According to consultant cosmetic surgeon and British Association of Aesthetic Plastic Surgeons member Nilesh Sojitra, "The UK has seen a big rise in enquiries for buttock enhancements over the last

year." There are also affordable options, such as padded pants and bottom boosters for just £6.

The rise and rise of the rear

We should definitely credit Jennifer Lopez for planting the seed that would grow into our ass obsession. As an insecure 15 year old, I didn't associate my body woes with her gravity-defying bum. Would I ever get a Ben Affleck to lovingly stroke my bottom on a yacht? I doubted it. People were intimidated by big bums in the OOs, and J.Lo was out on a limb, until Beyoncé brought up the rear (*ahem*), encouraging girls to join her 'bootylicious' brigade. In fact, the charts have been name-dropping bums for a while. In 1992, we all 'looked at her butt', courtesy of Sir Mix-A-Lot's Baby Got Back. We agreed as Fergie applauded her 'lovely lady lumps' a decade ago, Nicki Minaj showed big bums have hypnotic qualities in last year's Anaconda and J.Lo's new-

generation ass-aficionado, Iggy Azalea, baby-oiled and proud in the *Booty* video, proved they were the ultimate twerking team.

This season, fashion is embracing the bum like never before. "Moschino

enhanced models' bottoms with tight pencil skirts," says stylist Krishan Parmar. "Balmain's collection was

designed to complement the female body while making the booty seem bigger, and Vivienne Westwood's show featured an oversized dress cinched at the waist in a nod to the trend."

The high street has followed suit. "Debenhams has launched a range of 'shape-enhancing' jeans that give the bottom lift and shape," says Parmar. A revelation for any woman who has found jeans shopping demoralising: "I spent my teenage years trying to squeeze into Miss Sixty jeans and my early twenties pining for designer jeans I couldn't afford, but now there are choices that cater to *my* shape," says Melissa Jacobs, 31, from York.

And with Brazil, the most booty-loving nation in the world (they invented the Miss BumBum competition, for Gawd's sake), hosting the Olympics next year, and the continued efforts of the Kardashians, bums are here to stay. I'm going to embrace the moment, pull on a pencil skirt and celebrate my ass-et. Join me, won't you?



May 2015 issue ON SALE NOW

WHO'S CHANGING WOMEN'S SPORT?

It's not just the players – it's also the army of women working tirelessly beside them and behind the scenes. Presenter **Helen Skelton** profiles the pioneers making more opportunities for women



As part of the team presenting the Olympics in 2012, I've witnessed some incredible sporting highs. But one of the biggest celebrations was when the England women's rugby team won Team of the Year at 2014's BBC Sports

Personality of the Year. Partly, it was recognition that women's sport was where it should be, in the spotlight, but what really delighted me was seeing all the other women applauding. The coaches, broadcasters and PR directors, largely unknown to the public, who are blazing a trail for other women. Here are a few I rate.



THE BROADCASTER

Barbara Slater, Head of Sport at the BBC

As the first female Director of Sport at the BBC, Barbara oversaw the most watched event in UK broadcasting history: the 2012 Olympics. She's in charge of sports coverage on TV, radio and online, and negotiates broadcasting rights ensuring

major sporting events are free to watch. "There's a momentum behind women's sport that I've never seen before — we need to exploit every opportunity to showcase it at its best," she says. "In television, we have top-class women presenters, but I would love to have an even stronger base, and I would especially love to see more in the written press."

Her message to you? "There are such fantastic back stories behind the women who are succeeding in sport right now. We need to share these inspirational stories and make reading about them the norm."



Eva Carneiro, doctor at Chelsea Football Club

After watching the 1998 World Cup, Eva was hooked. She played football herself, but struggled with injury. "It made me think there had to be more than rest for treating injuries and this sparked my fascination with sports medicine," she says. After studying medicine at Nottingham University, she worked at the British Olympic Medical Institute, then with the England women's football team. Now she's head doctor at Chelsea, one of only a handful of female medical staff working at sport's highest level. Her message to you? "All young women should believe not just that it's possible to have roles like a sports doctor or referee, but also that their presence will actually improve overall results."



THE COACH

Mel Marshall, swimming coach

As a swimmer, Mel won six medals at the Commonwealth Games in 2006, before she moved into coaching. Last year, she steered Adam Peaty to seven Commonwealth and European medals and two world records, which led her to be the first woman

to receive the British Swimming Coaches Association Coach of the Year award. She's now head coach at City of Derby Swimming Club, responsible for 250 swimmers aged from four to 81, including three female swimmers competing at international level. "It's my job to put them in the right competitions to enhance their career, build their self-belief and help every one reach 'their' Olympics," she says. Her message to you? "We don't need a second standard for women's sport, we've gone way beyond that – we just need to stop talking about it, crack on and show what we can do."



THE CAMPAIGNER

Ruth Holdaway, CEO of Women In Sport

Head of a charity that aims to transform sport for the benefit of women in the UK, Ruth has a clear vision. She wants to change the fact that two million fewer women than men play sport weekly. "I want a world in which girls see opportunities

in sport. Women have every right to play, be written about and work in sport," she says. Recently, Women In Sport announced a three-year programme which includes auditing the number of female board members in sports organisations and working out how to attract more. Her message to you? "Rather than meet mates at the cinema or pub, why not go to a Netball Superleague match? Or a women's football match? Make sport part of your life."



Sian Massey-Ellis

One of the highest-ranked female referees in football. Sian began at 14 - her dad was a referee and suggested she try it to make money. She took a starter course and, two months later, started work. Now, she referees and assistant-referees male and female matches, from the UEFA Women's Champions League to the Premier League. "It's great proving yourself in one of the toughest male sporting environments," she says. According to The FA, there are more than 26,000 refs in England – but fewer than 1,000 are women. Her message to you? "I don't think there's ever been a better time to be a female referee. If you're dedicated, you can make it to the top."





THE BOARDROOM EXECUTIVE

Debbie Jevans, CEO England Rugby 2015

As the first female director of sport for the London Olympic and Paralympic Games, Debbie

is proof that women can reach the top tier on boards. Now she heads the 2015 Rugby World Cup organising committee, in charge of the biggest UK sporting event since the Olympics. She's made sure half her team is female, and their task, she says, is "to stage a world-class tournament the country can be proud of." Her message to you? "More women should put themselves forward for senior positions on boards and in decision-making roles. Sports are more alert to the fact that diversity brings better debate and leadership."



THE COX

Rosemary Ostfeld, Cambridge University Women's Boat Club Rosemary first tried out being a cox at school, before joining the team at

Cambridge. Her main job is to motivate the team, while steering the boat. This year, she'll make history: for the first time, the women's Oxford and Cambridge teams will race the same course on the same day as the men's. "I'm relishing the opportunity, knowing it's a result of investment and support from sponsors, while also hoping the exposure will mean more people take up the sport," she says. "I hope that young women who watch it see that excelling in sport is something they can do, too." Her message to you? "Every woman should realise that participating in sport helps you to be strong in body and mind. And remember, rowing is a sport you can pick up at any age."

THE EDITOR

Alison Kervin, Sports Editor, Mail On Sunday

The first female sports editor of a major newspaper, Alison determines what and who is on the sports pages of Britain's biggest-selling Sunday newspaper. She says her appointment in 2013 was a big deal: "I don't think people thought it would happen for a long time." Now she has the task of balancing coverage. "I'd like to lobby

for more stories about women's sport, but it's no good if no one is turning up to watch it – we need the interest to be there."

Her message to you? "If you care about women's sport, help a local club. Advertise fixtures, support the infrastructure to boost attendance and attract sponsors."

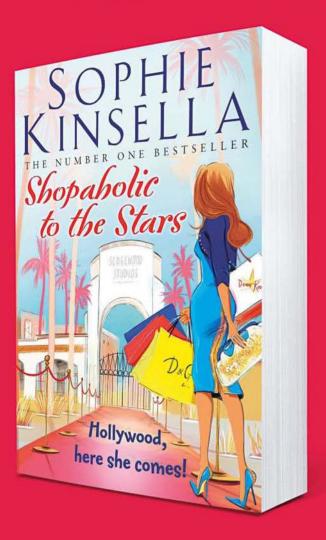


JOIN OUR CAMPAIGN!

GLAMOUR's Say No To Sexism In Sport campaign aims to raise the profile of women's sport, lobby for more coverage in mainstream media and increase the number of women taking part at all levels. Follow us at @GlamourMagSport and tell us what you think #GlamourSport ©



Photographs: Photoshot, Getty Images, Action Images, PA, Eyevine, David Rose/The Telegraph



'Frothy fast paced fun' Glamour

'Another delightful page turner' Closer

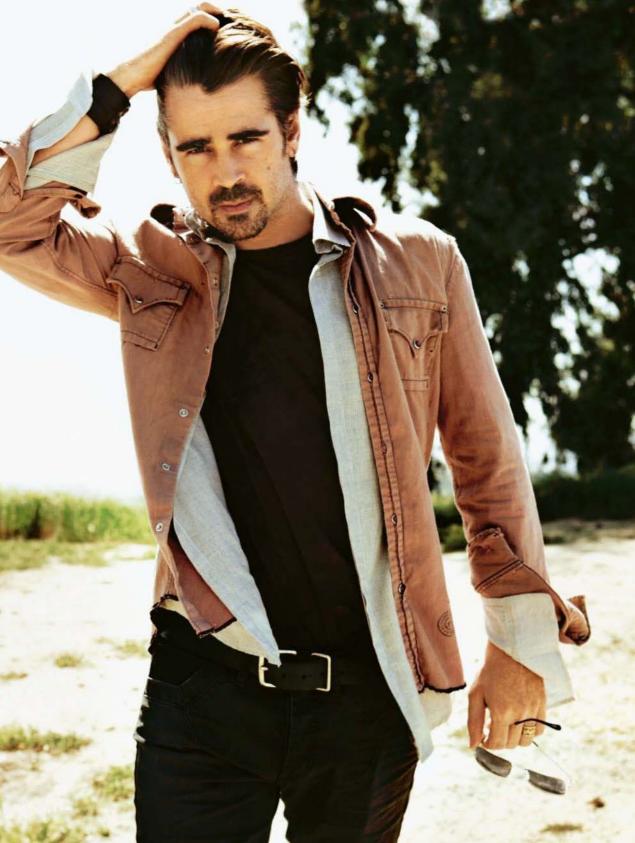
'Great fun... Kinsella had me laughing from page one' Woman & Home



Colin Farrell, the new star of *True Detective*, talks 'manscaping', mainlining cheeseburgers and his superhero dreams. By **Hanna Woodside**

"Whenever I've Googled myself in the past, I've always come away with the feeling that I am an absolute piece of shit," laughs Colin Farrell. The former Hollywood hell-raiser cleaned up his act years ago, but he's made sure to steer clear of any self-Googling since being cast as one of the new leads in Season Two of HBO's hit neo-noir crime drama, *True Detective*. "The





Photographs: Art Streiber/August, Rex Features, BBC Photo Library, Barcroft Media

◄ first season was so well received, it almost has a cult following already," he says. "Everyone – from a dude in a basement in Kansas, to a fan in Dublin – has an opinion on how the show should be cast. I'm well aware of that, but you've got to step away from it, otherwise you fall down the rabbit hole."

Undoubtedly, Colin has some shoes to fill: Woody Harrelson and Matthew McConaughey, the original detectives from Season One, both garnered Emmy nominations for their performances. Colin plays compromised cop Ray Velcoro. He's part of an inter-agency taskforce investigating a murder, but if you watched the first season, you'll know that True Detective is so much more than a 'whodunnit'. "That's the great thing about the show," agrees Colin. "By episode three, you don't give a fuck who killed who. It's just a hook, a canvas, for everything else."

he 38 year old would probably be the first to admit that his personal life has often overshadowed his professional work. His career has veered from the good (the Golden Globe win for In Bruges and his heartbreaking portrayal of PL Travers' alcoholic father in Saving Mr Banks) to the not so good (box-office bomb Alexander and, most recently, rom-com disaster Winter's Tale). But it

seems True Detective could

mark a return to form, in much the same way it was

for McConaughey. Talking about the role, he's palpably excited – and it's clearly given him something to sink his teeth into. "I sat down with the writer-creator, Nic Pizzolatto, and we spoke for, like, five hours – he's an extraordinary writer, he's incredible at what he does."

Colin's co-stars – Vince Vaughn, Rachel McAdams, Kelly Reilly – are names you'd usually see billed on a film poster, rather than a TV drama. "That's the power of HBO – they only



"My grooming 'routine' mainly involves toothpaste and most days it stops there" source the sharpest, savviest writers. They get the best and then actors gravitate to that," he says of his first regular TV role since he appeared in *Ballykissangel* back in the late '90s. "You look at Steve Buscemi in *Boardwalk Empire*, Kevin Spacey

and Robin Wright in *House Of Cards*. They used to say that film is the way forward and television is a step back – but it's not that way any more."

For the role, Colin is sporting a pretty serious handlebar moustache ("The second they yell, 'Cut', it's going") and has piled on the pounds to give Ray the perfect middle-aged paunch. "People think it must be fun to eat what you want – and it is, for the first day. Day two, when you're already on your second cheeseburger

and fries with a chocolate shake by 11am, not so much."

It's certainly a very different look to the suave gent in the glossy campaign for Dolce & Gabbana's Intenso fragrance, which Colin is the 'face of'. "I do prefer to feel a little less slovenly," he says. "I usually work out a bit more - I do yoga and go hiking. But my grooming 'routine' mainly involves a tube of toothpaste and most days it stops there. I'm very low maintenance." So no manscaping, then? "Are you asking me if I shave my pubes? Well... I'll say no to that." (For the record, he doesn't sound entirely convincing).

For someone who's a regular in GLAMOUR's annual Sexiest Men poll, Colin is hilariously self-deprecating. "When I see a picture of, say, Chris Hemsworth, I think, he looks like a handsome and debonair chap. Although. to be fair, Chris Hemsworth could manage that in a tracksuit. But sometimes when I see pictures of myself, I think, if I saw him on the street, I'd give him a dollar and say, 'Hope things get better for you.""

e definitely doesn't consider himself the obvious choice to be a fragrance ambassador ("I'm terrible, I have no knowledge of labels and fragrance names"), but he's surprisingly eloquent on the emotional impact of scent.

"My friend Elizabeth Taylor used to wear a particular perfume – I'm not sure what it was – but since she passed away a couple of years ago, I've only smelt it

twice, and it's a real head-spinner. That's how fragrance works – it inspires some

TRUE SUPERSTAR

Some of our favourite Farrell moments



As Danny in BBC hit Ballykissangel (1998-1999)



With Brendan Gleeson in In Bruges (2008)



With Ruth Wilson in Saving Mr Banks (2013)



As Ray Velcoro in Season Two of True Detective

sense of nostalgia, it ignites comfort or familiarity."

Alongside his Dolce & Gabbana duties, Colin has two films out this year: Solace, a mystery thriller with Anthony Hopkins, and The Lobster, a love story set in a dystopian future, with Rachel Weisz and Ben Whishaw (another role which required serious weight gain - "I put on 43lb in seven weeks. It was torture"). But he's still holding out for his dream role, in a remake of The Greatest American Hero. "Are GLAMOUR readers too young to remember that show? Oh my God, I can say things like that now - that people are too young to remember something - and actually be right," he says, horrified. "Well, for those of vou who don't know, he was this dude who had a suitcase with a spandex unitard and a cape - and he could fly. He was kind of a superhero, but he could never grasp how to fly in a straight line."

While he waits for that call, he's busy splitting his time between LA and Dublin, reading new material and considering his next move. Oh, and catching up on a *lot* of TV – yep, this former 'bad boy' is ready for a box-set marathon. "I've never seen *The Sopranos*, never seen *Breaking Bad*, never seen *The Wire*. Can you believe that?"

And when *True Detective* airs (it's slated to start in June), will he be tempted to read the reviews? "No doubt all the comparisons to the first season will rear their head," he says. "But you know what, whatever they say about me, it's just a blip in the grand scheme of my life."

Dolce & Gabbana Intenso fragrance, available exclusively at Debenhams from April 28 and nationwide from July 1

Made for

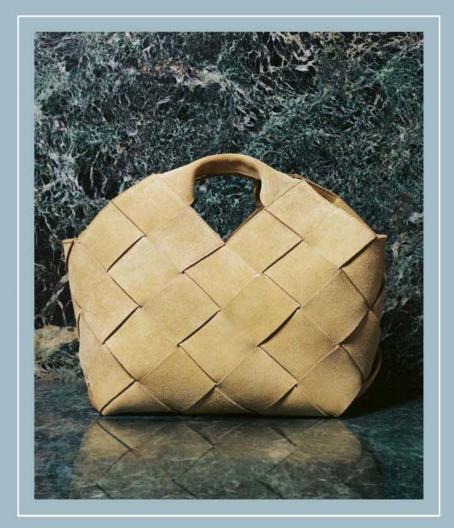




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Although we love the weird and wonderful styles seen at the shows (mirrored, bug-eye, anyone?), you'll wear these year after year.



Perspex sunglasses £45 stories.com



Acetate sunglasses £59 boden.com





ESSENTIALS UPDATE YOUR LOOK WITH OUR 20-PIECE EDIT



americanapparel.co.uk









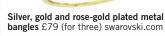






Poly-blend trousers £110 hobbs.co.uk 130 GLAMOUR







By Lucy Walker. Photographs: Jason Lloyd-Evans. Still lifes: Sudhir Pithwa

Russell&Bromley



The Cleo bucket bag www.russellandbromley.co.uk

A NEW HEAT

DIVE INTO BOLD COLOURS, STRONG DESIGNS AND AMAZING SUPPORT UP TO A JJ CUP.







Natalie HarAley Hears ...

Keep the look stripped back this season. It's all in the details...



Suede coats are an easy way to update your wardrobe. Just pair with a classic striped top

Suede coat £199.99 hm.com; cotton jersey top £85 Polo Ralph Lauren at ralphlauren.co.uk; denim skirt (just seen) £262 charlie-may.co.uk; leather heels £125 russelland bromley.co.uk; rings Natalie's own

Snake-print boots are a great way to style this look. Team with jeans – then just roll up your hems.

Cotton sweatshirt £32 Blitz Remix at Blitz London; cotton denim jeans £85 levi.com; leather ankle boots £85 topshop.com; leather belt £50 MICHAEL Michael Kors

SHE'S IN FASHION SUBSCRIBE TO VOGUE FOR £19



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5 LABELS **WE LOVE** NOW

SHOPPING EDITOR LUCY WALKER ON THE NAMES TO KNOW THIS SUMMER

Underweer BASE RANGE

Easy-wear underwear that's too good not to be seen. With super-soft cotton, flattering shapes and a refreshing palette of greys, pistachio and navy blue, it's redefining the idea of 'sexy underwear'.



Bamboo bra £37 and pants £33.60 both baserange.net





Launched in 2014 by Pookie and Louisa Burch, this duo's minimalist design is far from boring. For S/S15, they've used a muted colour palette (think mustard, burgundy and sky blue) and paired it with simple, chic shapes.



Maryam Nassir Zadeh at

mohawkgeneralstore.com

Suede slides

This knitwear designer's CV reads like a who's who of New York fashion: Calvin Klein. Michael Kors and DKNY to name a few. Now she's launched her own label, which really needs to be touched (and worn) to be appreciated. Using the finest Italian

Nylon dress £478 Kim Haller at openingceremony.us

yarns, it's pure luxury.

136 GLAMOUR

REBEKKA REBEKKA

We see a lot of jewellery, but this brand is something different. Understated, affordable, but with a design edge, it's a progression from the usual gold hoops and simple pendants and we love it.



18ct gold-plated ring £86 and 18ct gold-plated necklace £127 both rebekkarebekka.com

Bourse

shopbird.com

MARYAM NASSIR ZADEH

The New York-based designer has really caught our eye with her colourful collections. This season, her practical, vet desirable, shoes are on the fashion team's wish list. Ranging from flats to a modest, low heel in beautiful, butter-soft leathers, we'll take them all, thanks.



till lifes: Sudhir Pithwa

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Cotton £45 yumidirect.co.uk



Suede £595 Theory at net-a-porter.com



Polyester-mix £10 boohoo.com



Cotton £280 Marc By Marc Jacobs at matchesfashion.com



Denim £330 Acne Studios at matchesfashion.com







Vogue Café Moscow Kuznetsk Bridge 7/9, Moscow, Russia

Vogue Café at The Dubai Mall Dubai, UAE

Vogue Café Kiev Fairmont Grand Hotel, Kiev, Ukraine

Vogue Lounge Bangkok MahaNakhon CUBE, Bangkok, Thailand

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BACK TO BASICS

THIS SUMMER, CHOOSE UTILITARIAN ACCESSORIES IN EARTHY TONES



Clockwise from top left Suede heels £50 aldoshoes.com; leather bag £866 jilsander.com; leather belt £110 APC; leather sandals £175 Zeus + Dione at net-a-porter.com; leather pouch belt £32 topshop.com

COLLECTOR'S EDITION



BEST of BRITISH

FREE WITH THE MAY ISSUE - ON SALE NOW





GLAMOUR INES

Our guide to this month's must-haves



PUT A RING ON IT

Pretty up your fingers with the latest ring collection from Pandora. Available in sterling silver and cubic zirconia, stack 'em up and show them off. From £55 pandora.net ▶



MAKE YOUR MEMORIES LAST FOREVER

Keep your memories close to your heart with a personalised hdbook from Canon

e can't get enough of photos these days – from Kim K's selfie book to Instagram food posts, the world is buzzing with camera clicks. But what's the point of taking beautiful snaps if they just get stored in a folder somewhere and you never look at them? Which is why we love Canon's hdbooks. Basically, it's your life in printed HD! Download the free Canon software, load up all your favourite photos, choose your format and get a beautifully printed hardcover book to enjoy whenever you want. The best bit? Thanks to the specially formulated inks and high-resolution print,



your photos will look gorgeous, however you snapped them (super-star photographer, me?). You also get to choose your cover, page type, captions and loads more. It makes for a super special gift or the perfect way to remember those special times in your life. And we promise not to tell if you want to do your very own selfie book. Why not?!

HDBOOK IDEAS





ART BOOK Love snapping photos of your baking creations? Cool doors in your neighbourhood? Your cat? Whatever it is, put it into a beautiful coffee table book.





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Canon



GLAMOUR LOVES

CURL POWER BOUCLENE BOUCLENE CURL POWER

Love your curls? Then meet the cool new kid on the block, Bouclème. This travel set, with the signature Curl Cleanser, Curl Conditioner and Curl Defining Gel, is perfect for style on the go. £22 boucleme.co.uk



Got a favourite denim style? Then it's time to tell the world (well, Twitter). For S/S15, G-Star Raw has launched the 'Wear it #tightorwide' campaign, so shout your opinion from the rooftops (or your phone). What will you wear? We went #WIDE with these slouchy bad boys. £130 g-star.com



BOOST YOUR RUN

The new Adidas Ultra Boost is a runner's delight, thanks to its bouncy sole and form-fitting design. And now you can snap it up in this bright new hue, a perfect neon orange to help guarantee gold-medal-worthy speed and style. £130 adidas.co.uk ▶



GLAMOUR LOVES





£92 DKNY at sunglasshut.com

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£24.99 superdry.com

{ Follow Executive Fashion & Beauty Directors Claudia Mahoney and Julia Yule and Retail Editor Jo Holley on Twitter: @ClaudiaMahoney1 @Julia_Yule @JoHolley83 }



1 APPLICATION GOLDEN TAN

- Prep your skin by exfoliating and moisturising the day before you tan.
- Apply the velvety mousse just once, and allow to dry for two minutes. It's THAT easy!
- 3 Within the hour, you'll have a gorgeous, healthy looking glow.

85% of GLAMOUR readers

said Rimmel London's Sunshimmer Self Tan Mousse gave them a natural glow!



"I like the scent and how you can build up the tan without streaks. The result is a really natural, bronzed look."



2 APPLICATIONS BRONZE TAN

- Add another layer of the super-light mousse to enjoy a deeper bronze.
- 2 The oil-enhanced formula means it won't go patchy, keeping your skin hydrated and smooth.
 - 3 Even as you layer, you'll be streak-free and smudge-proof!

GLAMOUR and Rimmel product trial January/February 2015 – results based on 512 female Gl AMOLIR readers "Based on IRI unit sales wie November 29, 2014

84% of people would recommend to a friend

3 APPLICATIONS INTENSE TAN

- Notch up a 'two-weeksin-Jamaica' shade of gorgeousness with a third application of this easy-blend mousse.
- 2 Even with three layers, you'll be ready to dress and go in a matter of minutes!
- The long-lasting formula means you'll have that rich tan for up to a week.



e have the *best* news this summer for tan-fans: the latest breakthrough innovation from the cult Rimmel London Sunshimmer range gives you a gorgeous tan in just one hour and it lasts up to seven days! That's some super-smart sun-kissed science right there...

A gorgeous tan is like a beauty magic wand – it can make you look healthier, more toned and even out your skintone. But with that, comes the glow-lows: the streaks, the biscuity smell, the hanging around for hours in your undies waiting for it to dry...

Well, what if we told you that was all in the past and the future was a smell-free, golden skintone in a flash? It's true – with **Rimmel London Sunshimmer Self Tan Mousse** £7.99 you can have a streak-free, natural-looking tan that dries in two minutes! Don't just take our word for it though, GLAMOUR readers agree! One said, "I liked how quickly it dried and developed – it's perfect for spontaneous nights out," while 77% said it gave them a natural flawless tan, and 84% would recommend it.

Ultra-longwearing, the non-transfer colour dries within two minutes, develops in one hour and lasts up to seven days. Choose from Light, Medium and Dark shades for a tan that's completely unique to you.

We love the non-sticky, feather-light formula which also leaves your skin feeling nourished for up to 24 hours, ensuring your tan doesn't become patchy. As one GLAMOUR reader said, "The colour developed quickly and left my skin feeling moisturised."

Tan + nourished skin = summer happiness! So trust your summer skin to the UK No1 Instant Tan Brand* and get ready to *glow*!

YOUR PERFECT TAN

This breakthrough formula gives you a gorgeous sun-kissed tan in just one hour and lasts for seven days! Choose from Light, Medium and Dark, and build up a longlasting tan with repeated use.

Rimmel London Sunshimmer Self Tan Mousse £7.99 is available at Boots, Superdrug and selected grocery stores.







Available in the finest salons and selected Boots, Superdrug and Debenhams stores and online.

fastglamour Beauty



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The month in curls

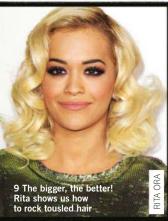
STEP AWAY FROM THE STRAIGHTENERS

- WAVES AND RINGLETS ARE SUMMER'S
HOTTEST STYLE. BY DOMINIQUE TEMPLE









10 Curls & Waves Shampoo & Conditioner £1.99 each trevorsorbie.com







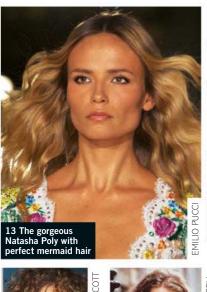






12 Throw it up and create spiral curls with a small wand

154 GLAMOUR





14 Opt for a vintage style like Paloma and finish with a side quiff



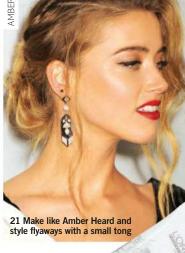
15 Let your hair do the talking – keep make-up natural like Nathalie

EVANGELINE LILLY

EMMA ROBERTS



20 Go retro, à la Evangeline Lilly. This looks great on short hair

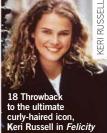


25 Tecni ART Spiral Splendour £14.99 L'Oréal Professionnel

16 Soft Curl Tong £110 ghdhair.com



17 Embrace your natural texture with springy curls



19 Curl Gloss £36 Oribe



ORIBE

Curl Gloss hydration & Ho

23 If you have ringlets like Ella, use a curl cream and let them pop



29 Keep ends straight



DIANE KRUGER

27 Oceanic

Spray £20

windleand moodie.com

OCEANIC SPRAY

26 Channel Diane Kruger with some Veronica Lake waves



28 Recreate this look with a large barrel brush and blow-dry softly



30 Statement hair and statement lips. 10/10, Solange





201 OLAY OLAV DAY moisturiser Your best beautiful begins at Olay.co.uk

*Based on mass market facial moisturiser and cleanser value sales for past 12 months ending June 2014.

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Katie Holmes

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to beautifully transform your skin's appearance whatever your age.



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#ASKAlex

Insider advice from our Beauty Director, **Alessandra Steinherr**. This month: how to wear colour

hen it comes to make-up, I would gladly only ever wear variations of nude. Apart from the occasional red lip, my taste veers very clearly towards a neutral palette. But a recent meeting with designer Christopher Kane [right] piqued my curiosity. For his first collaboration with Nars Cosmetics, he designed such a desirable collection of brights that even the most colour-phobic will feel compelled to dial it up a notch (yes, even me).

MY BRIGHT TRICKS

● A bright lip and otherwise toned-down face is my entry point to colour. For a more casual finish, I love a sheer gloss. **Lip Gloss in Mezmer** £19 narscosmetics.co.uk



CHRISTOPHER'S DOS & DON'TS

DO PAIR STRONG COLOUR WITH NEUTRALS

"Neons and highlights of pink

brought together with nudes is very signature for me. Make-up is the ultimate accessory – you can wear jeans and a T-shirt with a bright lip and it makes the look."

DON'T BE SCARED

"These shades aren't as strong as you think. Take the Illuminating Multiple in Violet Atom £29 [left], which we used in the S/S15 show – it's very subtle but highlights the architecture of the face. Contour the nose and cheekbones and even the eye socket – it's just illuminating."

DO WEAR BRIGHT BLUSH ON LIDS

"It can look striking, if you just put it in the crease and wear with black mascara. It's simple, yet makes a statement."

DO TRUST YOUR INSTINCT

"You don't need to be defined by one look – try something different. You might get to something you never knew you'd love."

CHRISTOPHER KANE

● I love blush — it's the single most prettifying beauty product on everyone. Blush in Starscape £23 narscosmetics.co.uk looks scary bright, but it buffs on sheer — and I find that the brighter the blush in the pack, the prettier it is on cheeks. Flat brown hues or pale pinks do nothing to lift your face.

When you're wearing vivid lipstick, lips have to be perfectly moisturised, otherwise little flakes show up so much more. I prep with Lip Magic Rejuvenating, Smoothing

Propolis Balm £25 charlottetilbury.com

PRO TIP

"At my show,
make-up artist Lucia
Pieroni runs an iridescent
highlighter along the
Cupid's bow. It gives
a fuller lip without the
use of lipliner."
Christopher Kane

 Coloured eyeliner is bold, but still chic if you just draw it on the upper lashline in quite a sharp, thick shape.
 I use a water-resistant formula so it won't smudge off. Vibrant Eye Pencil in Blue Jeans £5.20 kikocosmetics.co.uk



What's so different about this ordinary little cotton bud?

At Delete Blood Cancer UK we aim to register as many potential blood stem cell donors as possible. By swabbing the inside of your cheeks (with one of our cotton-bud style swabs) you could potentially save the life of someone with a blood cancer.

Every 20 minutes someone in the UK is diagnosed with a blood cancer such as leukaemia, lymphoma and myeloma. A blood stem cell donation represents their best chance of survival.

Why not consider registering as a potential donor so that more matches can be found, someone for everyone who needs one, which one day could be you or a family member. Currently only 50% of people are lucky enough to be matched with someone. You can change these statistics!

Once registered, we may call you in a week, a month, a year or not at all but if you are matched to someone suffering from a devastating blood cancer, you may have the opportunity to save their life by donating some of your blood stem cells that quickly replenish.

Find out more about being a lifesaving blood stem cell donor and request your **DIY Swab Kit today!**

www.deletebloodcancer.org.uk Tel: 020 8747 5620 donor@deletebloodcancer.org.uk

Now that's not ordinary, that's beautiful!



HOW TO King it

So, you've nailed your eyeliner with the perfect flick (cue mini victory dance), then it dawns on you: you have to do the other eye and it has to look the same as the first. Well, with these expert tricks, you can conquer liner every time, on both eyes.



THE ALMOND FLICK

"Map the shape with a black pencil and go over with a gel liner. Start the flick just before the lashline ends," says Lee Pycroft, make-up artist. "Add black into the waterline for a more flattering finish."

USE Precision Gel Liner in Infinity £18.50 illamasqua.com; 150 Degree Application Pointed Liner Brush £10 Japonesque



THE SMOKY FLICK

"Create a rough outline with charcoal shadow. Then sweep black pencil in the roots of the lashes and along the waterline," says Lee. "Sketch a V shape with your black pencil and blend into the shadow. There should be no hard edges except along the base of the flick."

USE Smokey Eye Baton in Fumee Noir £26 Troy Surratt



THE EXAGGERATED '50s FLICK

"Use a nude pencil to sketch the wing. Fill in the lid with red pencil and set with pigment," says Charlotte Savoury, Illamasqua international brand ambassador. "Blend back and forth for a smooth, consistent texture."

USE Kajal Eye Liner in Topaz £12 stila.co.uk; Kajal Khôl Pencil in 104 £2.99 Kiko; Pigment Colour Powder in Acid Orange £17 maccosmetics.co.uk ▶

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9 WAYS TO GET EVEN

USE POINTED COTTON

BUDS "Soak them in eve make-up remover and use the edges to tidy lines." Maxine Leonard. make-up artist DOT-TO-DOT "Mark where you want your line, then join them up." Katie Jane Hughes, make-up artist

TRY A POST-IT "Stick one at the outer corner of the eye, towards the end of the brow, and use it as a guide for symmetrical flicks." Troy Surratt, make-up expert **REST** Well, sort of - rest your elbow

gives you extra support and control." Katie Jane Hughes **USE A FINE BRUSH** "It gets liner right into the roots of lashes." Lee Pvcroft PENCIL FIRST "It's easier to clean up. Once you've

on a surface. "It

perfected the shape. trace over with a liquid or gel." Katie Jane Hughes **CHIN DOWN** It's normally chin up, but "looking down at a mirror means you don't have to contend with lashes when applying liner." Troy Surratt

to amp up the look. Night Series

Shadow in Night

Clubbing £18 nars cosmetics.co.uk

> PREP "Blot your lids with translucent powder - it's an invisible barrier for oil and helps make-up stay put." Charlotte Savoury PATIENCE "It requires practice, effort and skill to master this. Don't give up." Troy Surratt @

for a crisp, sharp edge.'

USE Diorshow Khôl in Smoky Black £19.50 Dior

Photographs: Jason Lloyd-Evans. Still lifes: Jody Todd



MEET YOUR NEW BFFs **BEST FACE FRIENDS! BB CREAMs**

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RIMMEL

SKIN PERFECTING SUPER MAKEUP

F 25

LIGHT

NEW

















"Our Bow secrets"

FROM A MINIMAL APPROACH TO A DAILY ROUTINE, THE GLAMOUR BEAUTY TEAM REVEAL THE TRICKS THAT WORK FOR THEM



Alessandra Steinherr, Beauty Director
MY ROUTINE IS... "As little as possible. I get
them threaded at Blink Brow Bar every four weeks,
but I always ask for them not to look too neat or
done. I like them to be a bit raw." blinkbrowbar.com
MY ADVICE IS... "Stay as close to your natural shape
as possible. So you don't have huge Cara brows?
It doesn't matter — what you have suits your face."
MY GO-TO PRODUCT IS... "Perfection Brow Artist
Plumper [£5.99 L'Oréal Paris] — it's a mascara-like
brow tamer with a bit of a tint. It's total genius."



Find your perfect catwalk brow



ANDREW GN



DONNA KARAN



CREATURES OF THE WINL



DAMIR DOMA



JOSEP



BARBARA CASASOLA



HUGO BOSS



TEMPERLEY LONDON



Philippa Pearne, Beauty Editor

MY ROUTINE IS... "I don't really have one. I get rid of strays with tweezers about once a month – that's all."

MY ADVICE IS... "Always pluck hairs from

MY ADVICE IS... "Always pluck hairs from under your brows — never above — or you'll lose your natural shape."

MY GO-TO PRODUCT IS... "Classic Slant Tweezers [£20.95 Tweezerman] and I occasionally use Instant Brow Pencil [£15.50 benefitcosmetics. co.uk] to do light feathering if I'm going out."



Sarah Jossel, Acting Deputy Beauty Editor
MY ROUTINE IS... "Natural in the day and
drawn on at night. When I have stronger
make-up, I go for a fuller, more defined brow."
MY ADVICE IS... "Don't draw on brows without
good light — I recently did and was shocked at
how dark they were in daylight."

MY GO-TO PRODUCT IS... "Wake Up Brow Pencil in Latte [£14 Pür Minerals] — it's the perfect shade for me, extra easy to blend, and I always finish with a quick sweep of the brow brush."



Dominique Temple, Senior Beauty Assistant MY ROUTINE IS... "To never leave the house without drawing my brows in."
MY ADVICE IS... "Find an easy routine and stick to it. I've used the same products for as long as I can remember."
MY GO-TO PRODUCT IS... "Master Shape Brow Pencil [£2.99 Maybelline]. I use it every day to fill in lighter areas."



TRUE COLOUR

I've been the same shade of red for years, but it's time to change it up. Hello, Golden Blonde! Looks so natural, I almost forgot I was a redhead!

COLOUR SO NATURAL LOOKING,

IT'S THE UK'S #1*



nice'n easy

CLAIROL

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

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¹Cetraben Cream patient preference study, Sept 2013

Always read the label



8 FLOWER-POWER PERFUMES WITH A TWIST

Quatre £75 for 100ml eau de parfum Boucheron THE FLOWERS Jasmine and roses THE TWIST Wild strawberries, lychees and musk



Blossom £62 for 100ml eau de parfum Jimmy Choo THE FLOWERS Roses and sweet peas THE TWIST Sandalwood



and red berries

Tudor Rose &
Amber Cologne
£42 for 30ml
Jo Malone
THE FLOWERS
Roses
THE TWIST Ginger

and spices



Aromatics In White £55 for 50ml eau de parfum Clinique THE FLOWERS Rose petals and orange flowers
THE TWIST Musk and amber



Dolce Floral Drops £66 for 75ml eau de toilette Dolce & Gabbana THE FLOWERS Daffodils, lilies and papaya flowers THE TWIST Musk and sandalwood



CHRISTIAN DIOR

50ml eau de toilette Stella McCartney THE FLOWERS Roses and peony petals THE TWIST Fresh mandarin and

THE TWIST Six different

Stella £57 for

kinds of rose







condenastjohansens.com

Las Alamandas Resort, Mexico

GLAMOUR 167

Is it summer yet?

WELL, NEARLY! SO DITCH YOUR WINTER BEAUTY REGIME AND START PREPPING FOR THE NEW SEASON. BY PHILIPPA PEARNE

GET YOUR TAN ON

"This season, it's all about a glossy, high-shine finish," explains tanning guru James Harknett.

DO YOUR PREP

"Start now," advises
James. "Cold weather and
central heating leave skin
sallow and dehydrated,
so get back your radiance
by exfoliating all over two
to three times a week
before bathing. Soon your
skin will be ready to
take an even tan."

BUILD UP YOUR COLOUR

"A gradual tanner is perfect for developing your tan slowly," James says. "To avoid going patchy around your feet and ankles, use a bronzer brush to blend in a little moisturiser afterwards."

PERFECT YOUR FACE TAN

"For a light glow, mix a pea-sized amount of tanning liquid in with your night cream," recommends James.

Try Express Liquid Tan £20 he-shi.eu. Also, gradually begin to introduce more bronzer into your make-up so that you don't go from one extreme to the other.



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BREAK YOUR WINTER NAIL HABITS

THINK PASTELS

"They're major for S/S15," explains Jenny Longworth, UK ambassador for Revlon Nails. "Use contrasting tones on your hands and feet instead of being 'matchy-matchy'," she adds.

BANISH WINTER POLISH STAINS

"You need a clean nail plate to rock lighter colours," says Sophie Harris-Greenslade, OPI nail expert. "Every once in a while, soak your nails in lemon juice and bicarbonate of soda for a few minutes. And buff once every two weeks."

• GET YOUR FEET FLIP-FLOP READY

"Cut your nails with clippers rather than scissors for a neater finish," Jenny advises. "From now on, start applying cuticle softener and a foot scrub while in the bath, then slather on a thick moisturiser before bed."

• TRY A TRANSITIONAL SHADE

Not ready to say goodbye to the moody hues just yet? "Earth tones, metallics and reds make great dark alternatives for the in-between stage," says Sophie.





Gel-Look Shine Nail Colour in Sweet Lilac

MAKE OVER YOUR MAKE-UP BAG

Lips "Store away those deep burgundy and pink lipsticks, but hold onto your red as it will always be on trend, whatever the season," says Jane Richardson, Nars international lead stylist. Eyes "Try an azure blue or turquoise eyeliner inside your waterline, as seen at Elie Saab," says Jane. Try Color Kajal in Turquoise Imagination £16 Givenchy.

Skin "Opt for a peachy blush on cheeks and switch to a CC cream," recommends Florrie White, Clinique UK colour artist. We love

Blush in Reckless £,23 narscosmetics.co.uk and

Cellularose Moisturizing CC Cream £,57 By Terry.

"Gisele does a great job of changing her hair colour subtly through the seasons." Gary Baker, creative director for Unite

4 LIGHTEN YOUR HAIR

"If you want to be ultra light by the time summer hits, start now – but do it gradually," advises Siobhan Jones, Headmasters colour ambassador. "For a natural, multi-tonal effect, ask your colourist to replicate the effects of the sun – it doesn't lighten your hair evenly from root to tip, so try a variation of techniques at each appointment. For example, foils are great for bolder highlights but balayage will give a more soft-focused, blended finish."



GET BEACH-BODY READY

After being covered by thick layers during the colder months, your skin will benefit from a little TLC... ALL-OVER PREP "Start with a regular routine of exfoliating all over and then layer on a gel, oil and cream," advises Geraldine Howard, co-founder of Aromatherapy Associates. "This will quickly help your skin get back into great condition." Dermatologist Harold Lancer adds, "Use a gentle scrub at first and then move onto a glycolic acidbased one – your skin will even out and glow in about a week." Try The Method: Body Polish £50 Lancer.



YOUR LEGS When you're ready for the big reveal, "keep your legs exfoliated and hydrated for that flattering, glossy look and apply sunscreen when you are outside," warns Dr Lancer. Geraldine adds, "To make them look even smoother, mix some self-tan in with your body cream to add a hint of colour." Try Renewing Rose Body Velvet £50 aromatherapyassociates.com YOUR ARMS "Body oils are the

magic tool," Geraldine says. "Apply after scrubbing for soft, glossy arms." Try Aroma Nutrition Dry Oil £32 Decléor.





SORT OUT YOUR SKINCARE

• Should I re-think my whole regime? "There is a lot of hype around changing your skincare with the seasons, but it's not always necessary," says Dr Lancer. "If it's still looking good, keep doing what you're doing."

 My rich winter moisturiser is starting to feel too heavy. What's the best substitute? "Serums are particularly 30ml C 1 floz good for this time of year," says Geraldine. "They get active ingredients into the deeper layers of the skin without being too thick and create a good base for lighter foundation."

• How can I wake up my skin? "Introduce a product containing vitamin C into your routine," advises Dr Lancer. "It's a gentle brightener and helps to even out tone and texture." Try Sun Flash Serum £,28 thisworks.com



thisworks

Skin feeling a little clogged?

Treat it to a refreshing gel cleanser like Anti-Blemish Cleansing Gel £17 clinique.co.uk to fight off

acne and relieve irritation. @



Great Scott

mo

Meet Mr Eastwood, the hot young actor with Hollywood in his blood

By Hanna Woodside

hen you watch a movie of a Nicholas Sparks novel (The Notebook, Dear John, The Lucky One... the list of reliably heart-warming romantic dramas goes on), it's impossible to get to the credits without bawling your eyes out. Even a super-macho, jiu-jitsu-fighting, skydiving boxing enthusiast like Scott Eastwood isn't immune. "Oh yeah, I totally cried at The Notebook," admits the 29-year-old actor. "I'm a huge fan of that film."

As the star of Sparks' latest tear-jerker, *The Longest Ride*, Scott plays a professional bull rider who falls for a sophisticated, art-loving college student (Britt Robertson), whose lifestyle couldn't be more different from his. If *The Notebook* was the film that launched Ryan Gosling into the stratosphere, is Scott hoping for a similar effect? "Oh, you just never know," he says. "I just care about doing good movies. That's what my dad has done for years, and that's what I want to do."

Scott's father, of course, is 11-time Oscar nominee, legendary actor and director Clint Eastwood. When Scott made his first steps from modelling into acting, he used his mother's surname, Reeves, in a bid to

Clockwise from above Scott in Fury (2014); with Britt Robertson in The Longest Ride; with dad Clint in 2006

establish a career independent of his famous name. But, he says, "I am 1,000% influenced by my father. Look at him - he's 84 and still making some of the best movies on the planet. He's got the best work ethic of anybody I know." It must be tough to live up to his father's success, though? "I don't put pressure on myself, I don't over-think it," he says. "You can only do your best."



I am 1,000% influenced by my father



At this stage in his career, Scott's keen not to be pigeon-holed – "I like diversity, keeping it fluid," – and *The Longest Ride* is certainly a far cry from Scott's last project, gruelling war film *Fury*. It was widely reported that Scott clashed with co-star Shia LaBeouf (Scott later called him a "pain in the ass"), but today he's down-playing it. "Making a movie, there are going to be times when you butt heads, especially when there's a lot of testosterone on set." Very diplomatic.

Next up, he's playing an NSA agent in Oliver Stone's biopic of whistle-blower Edward Snowden – but when he gets some down time, there's only one thing Scott wants to be doing: surfing on the beaches of his home town, San Diego. "You only get one body – it's really important to me to keep it in shape." (If the topless selfies on his Instagram are anything to go by, he's doing just fine.) "When my body's heathy, my mind's healthy, and I'm happy."

monitor

Glamreels

It's all about the leading ladies this month



FAR FROM THE MADDING CROWD

In this Thomas Hardy adaptation, farm manager Bathsheba (Carey Mulligan) is torn between the bad boy (Tom Sturridge), sugar daddy (Michael Sheen) and loyal shepherd (Matthias Schoenaerts). With beautiful costumes and locations, if there's a more glorious romance this year, we'll eat our bonnets.



THE LAST FIVE YEARS

Anna Kendrick steals the show tunes in this hearty dollop of musical drama. From the moment we see Cathy (Kendrick) sitting broken-hearted at the window of a New York townhouse, the numbers come thick and fast as we flash back over her doomed romance with writer Jamie (Jeremy Jordan).



A LITTLE CHAOS

Matthias Schoenaerts (again) stars in the largely true story of the revamp of Louis XIV's grounds at Versailles. He plays landscape architect André Le Nôtre, but Kate Winslet's struggle as the only woman on the team is at the heart of this entertaining period piece.



THE HARDEST PART OF FILMING IS WHEN YOU'RE INTERACTING WITH STAND-INS; YOU'RE MEANT TO BE TALKING TO A CHARACTER IN AN ARMY ROBOT SUIT, BUT IT'S JUST SOMEONE IN A MOTION-CAPTURE UNITARD." Elizabeth Olsen

monitor

Director Joss Whedon

(centre) on set with Elizabeth Olsen and Jeremy Renner (Hawkeye)



LIZZIE CELIZABETH OLSENI AND I HAD JUST FINISHED WORKING TOGETHER ON GODZILLA WHEN WE STARTED ON AVENGERS: AGE OF ULTRON, BEING FRIENDS ALREADY HELPED WITH THE TWIN DYNAMIC; QUICKSILVER'S VERY PROTECTIVE OF HIS SISTER. * Aaron Taylor-Johnson

By Hanna Woodside and Hayley Spencer. Illustration by Dom Kelly. Photographs: Capital Pictures, Instagram/Mark Ruffalo, Allstar, Rex Features, Xposure Photos, Photoshot, Fame Flynet, WENN

"Joss didn't want the movie to be a boys' club — Scarlet Witch has such a strong presence in the comics, so it makes sense to bring her in now. It's pretty daunting for me – it's the first time the character's ever been seen in 'human form'. It's scary, but awesome." Elizabeth Olsen



"SINCE WE LAST SAW HIM,

BANNER HAS BEEN LIVING IN STARK TOWERS. HULK'S THE AVENGERS SECRET WEAPON, THE NUCLEAR BOMB — HE'S BASICALLY ON STANDBY UNTIL THEY NEED HIM." Mark Ruffalo

Lizzie, 'So what exactly are your powers?' and she was like, 'I can manipulate matter and get inside people's heads. What about you? And I said, 'Well, I've got a magic hammer and I can fly.' These are the kind of ridiculous conversations we have." Chris Hemsworth (Thor)

ON SET IS. 'IN JOSS WE TRUST. HOWEVER SILLY YOU FEEL WHEN OU'RE FILMING. YOU KNOW HE'S GOING TO MAKE YOU LOOK EPIC. HE'S AN AWESOME FILM-MAKER."

Elizabeth Olsen

OUR MOTTO

"It's great when the gang's together. We didn't get to spend as much time with Scarlett [Johansson], but she had a good reason: making an action movie at five months pregnant is pretty amazing." Aaron Taylor-Johnson



Awesome album

Soul-rockers Alabama Shakes return with Sound & Color. They've slowed the tempo and given their talents room to breathe, with long, hazy instrumental intros. It flits between mellow blues (*Dunes*) and rock'n'roll vibes (*Don't Wanna Fight*), with some gospel choir action thrown in for good measure (*Over My Head*), but the unmistakable Southern twang of Brittany Howard's vocals always shines through. Out April 20.

TV gems

Jane The Virgin starts on E4 this month — and it's a heartwarming, brilliantly ludicrous comedy drama that's up there with *Ugly Betty*. Golden Globe winner Gina Rodriguez stars as the young, ambitious Jane, who is accidentally artificially inseminated during a routine check-up. And yes, she's a virgin. Hilarity (obviously) ensues. On Netflix, Marvel's **Daredevil** premieres on April 10 with *Boardwalk Empire*'s Charlie Cox as Matt Murdock, a blind lawyer by day, and a bad-ass superhero by night. Slick and stylish — add it to the list of reasons to get a subscription.



We count down the cream of the crop









After a record-breaking Broadway run, **The Elephant Man**, starring Bradley Cooper (who's tipped for a Tony Award), comes to London's Theatre Royal Haymarket (May 19-August 8, elephantmanlondon.com). **Bend It Like Beckham: The Musical** opens at the Phoenix Theatre, with Jamie Campbell Bower, Ronni Anconia and Lauren Samuels as Jules, the role that kick-started Keira Knightley's career in the original film (May 15-October 24, benditlikebeckhamthemusical.co.uk). Finally, Kristin Scott Thomas plays the Queen in a new version of **The Audience** at the Apollo Theatre. It imagines a series of meetings between Elizabeth II and the prime ministers who've served during her reign — with the election looming, it couldn't be more timely (April 21-July 25, apollotheatrelondon.co.uk).



Books you can't put down

Villa America by Liza Klaussmann is the beautiful, semifictionalised story of Gerald and Sara Murphy, who were part of F. Scott Fitzgerald's set in the '20s. In Fiona Neill's The Good Girl, a headteacher is horrified to discover a viral sex video stars her teenage daughter. The mystery of a journalist's death is explored via emails and diaries in TR Richmond's compelling debut, What She Left. For a lighter tale, try The Vintage Guide To Love And Romance by Kirsty Greenwood, where ladette Jess is made over by her etiquette-guide-writing grandma. By Hanna Woodside, Mary Hanbury, Kerry Potter, Helen Whitaker. Photographs: Brantley Gutterre Alamy, Rex Features, Getty Images. Still lifes: Sudhir Pithwa



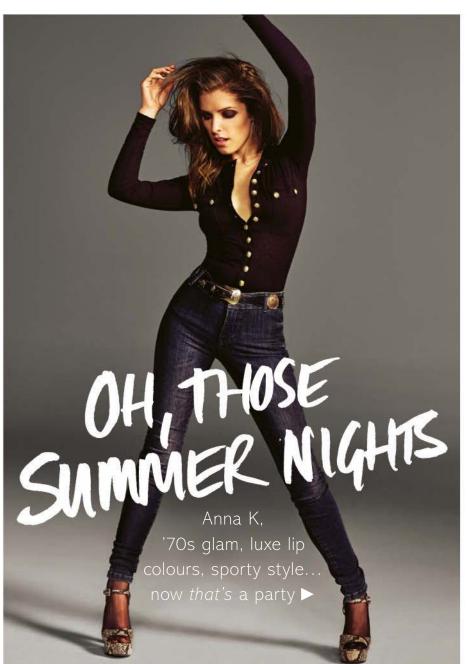
WHAT A NIGHT!

IT WAS AN EVENING OF GLAMOUR AND GLITZ AT COINTREAU'S PARTY IN PARIS. COCKTAIL, ANYONE?





Fashion + Beauty MAY 2015





INTO THE BLUE

IT'S NAUTICAL, BUT NOT AS YOU KNOW IT.

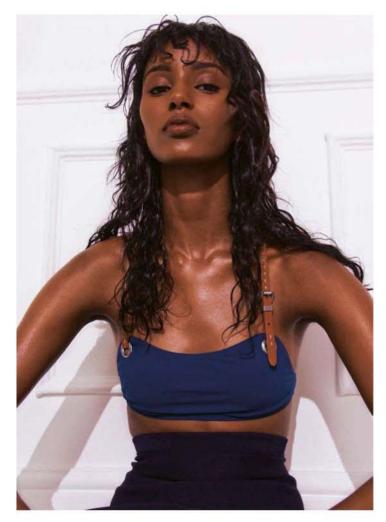
THINK BOLD SHAPES AND MESH LAYERS

FOR SUMMER'S SEXIER TAKE



Opposite page Wool coat £3,200 Louis Vuitton;

This page Poplin shirt price on request Dolce & Gabbana



This page Lycra bra top (part of set) £225 Michael Kors; viscose skirt £484 Calvin Klein Collection

Opposite page Cotton dress price on request acnestudios.com; leather heels £644 Sonia Rykiel; rings (from top) silver-plated ring £80 Miansai; sterling silver ring £150 jenniferzeuner.com; silver ring £75 lucyfolk.com







Opposite page Cotton poplin shorts approx £1,113 Jil Sander; viscose vest £100 uk.tommy.com; calf leather socks approx £362 Jil Sander; rings (left hand, from left): sterling silver ring £150 jenniferzeuner.com; silver-plated ring £80 Miansai; (right hand) sterling silver ring £189 jenniferzeuner.com

This page Jersey bustier and jersey skirt both approx £242 Jacquemus



This page Nattee de soie jacket £2,200, cotton top £310 and gabardine skirt £545 all Lanvin; leather heels £550 acnestudios.com; rings (left hand, from left): sterling silver ring £150 jenniferzeuner.com; silver-plated ring £80 Miansai; (right hand, from left) sterling silver ring £189 jenniferzeuner.com

Opposite page Wool jacket £970 Marc Jacobs; raffia skirt £445 Isabel Marant

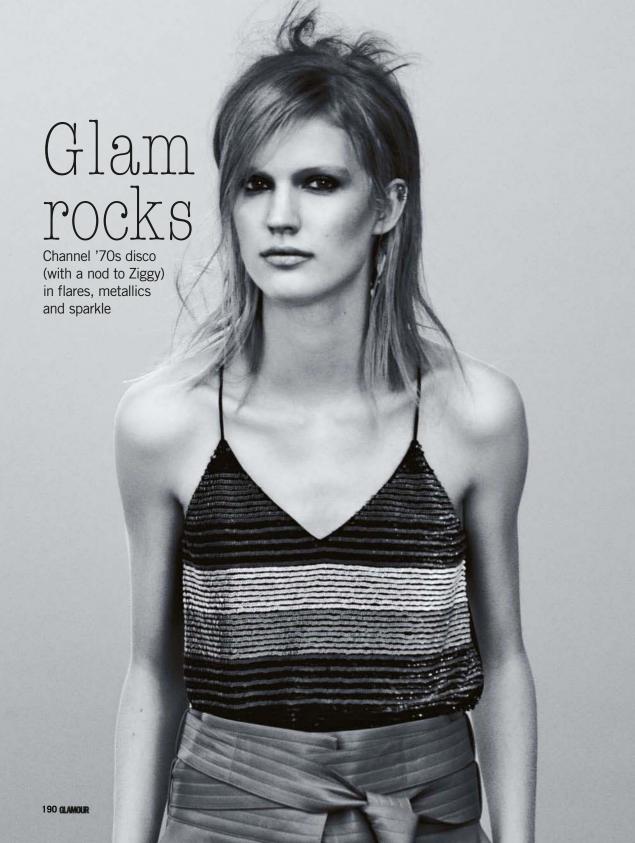






Opposite page **Knit top**, **net skirt**, **leather boots**, **net scarf with Swarovski crystals**, **net scarf**, **cotton belt** and **silver metal rings** all price on request Rodarte at selfridges.com

This page Linen tunic £425 loewe.com; cotton skirt £435 JW Anderson; rings (left hand, from top) silver-plated ring £80 Miansai; sterling silver ring £150 jenniferzeuner.com; (right hand, from left) silver ring (just seen) £200 lucyfolk.com; silver ring (just seen) £90 pamelalovenyc.com; sterling silver ring £189 jenniferzeuner.com













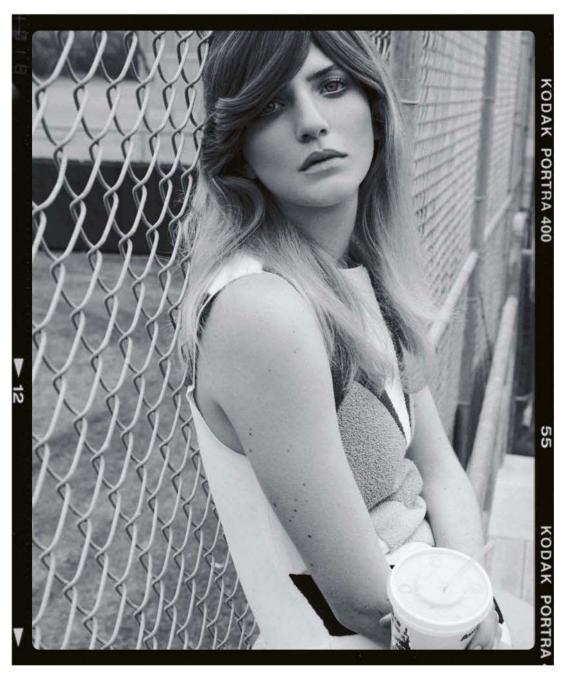
Black nylon top £650 Tom Ford; black lace and silk bra £28 uk.intimissimi.com; black and pink denim trousers £2,700 and black leather and wood shoes £1,500 both Tom Ford; gold signet ring £535 rebussignetrings.co.uk











GOOD SPORT

Knock it out of the park in cool retro sportswear

Photographs by Olivia Frølich Fashion Director Natalie Hartley



Opposite page White, red and blue cotton bodysuit £230 bimbaylola.com. This page velvet dress £880 Carven





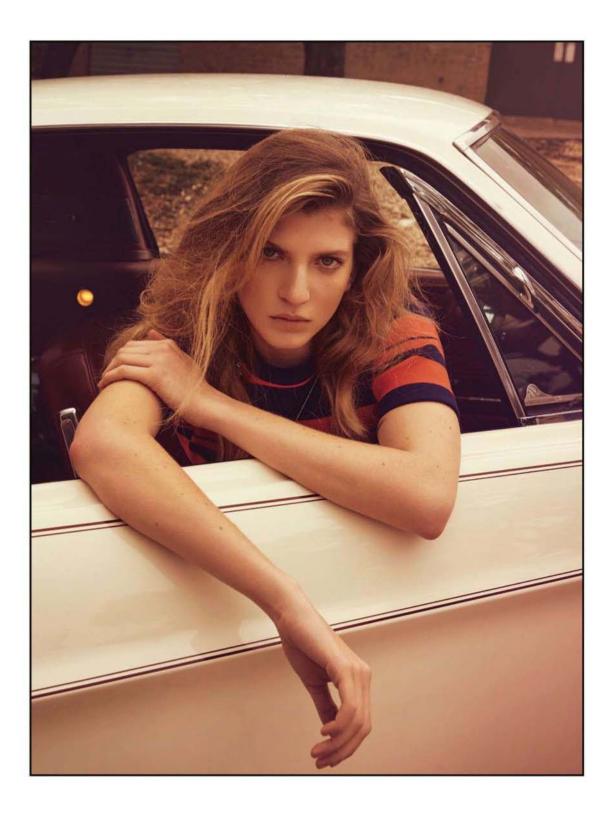
Opposite page Silk-mix polo shirt £350 and leather skirt £800 both BOSS at hugoboss.com; canvas trainers £10.50 Dunlop at sportsdirect.com; cotton socks from a selection joseph-fashion.com.

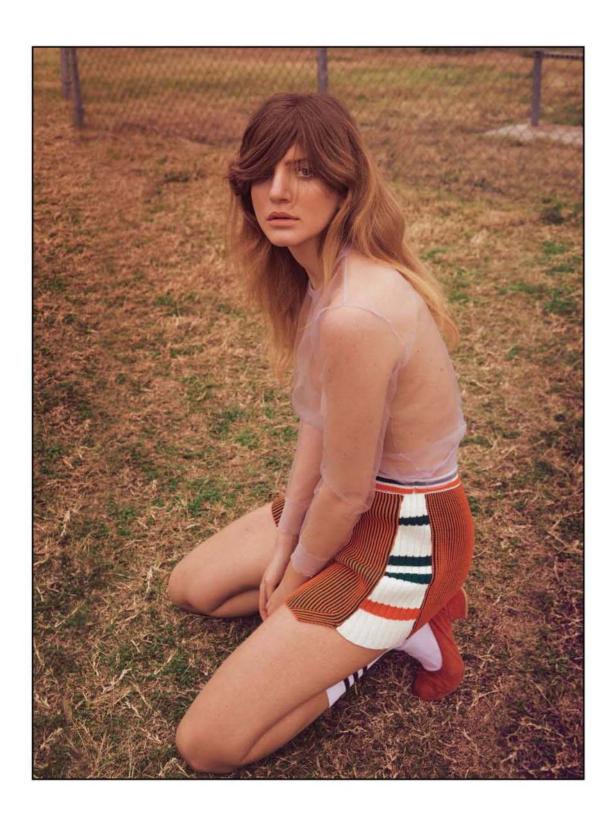
This page: white cotton sweatshirt £120 claudiepierlot.com; blue silk-mix dress £965 Emporio Armani at armani.com; red suede shoes £252 Maryam Nassir Zadeh; white and black cotton socks from a selection joseph-fashion.com



This page **Vintage nylon jacket** from a selection Adidas at rokit.co.uk; **elastane crop top** £284 and **elastane knickers** £306 both Vivienne Westwood Red Label.

Opposite page **Cotton top** £195 dkny.com

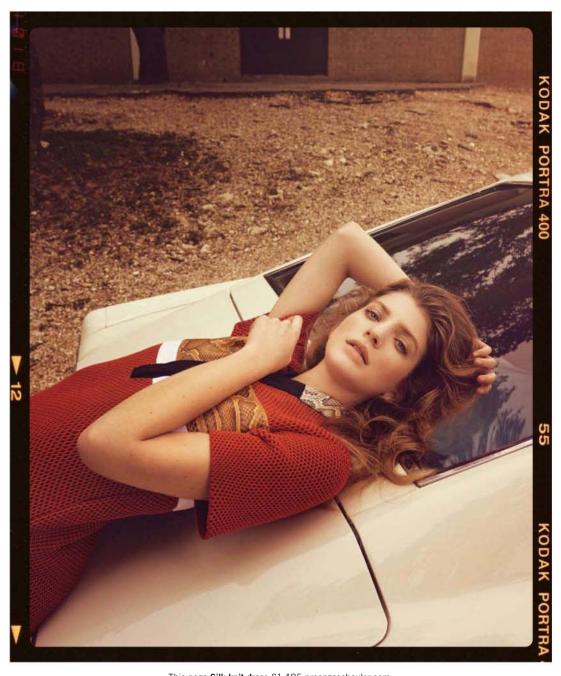




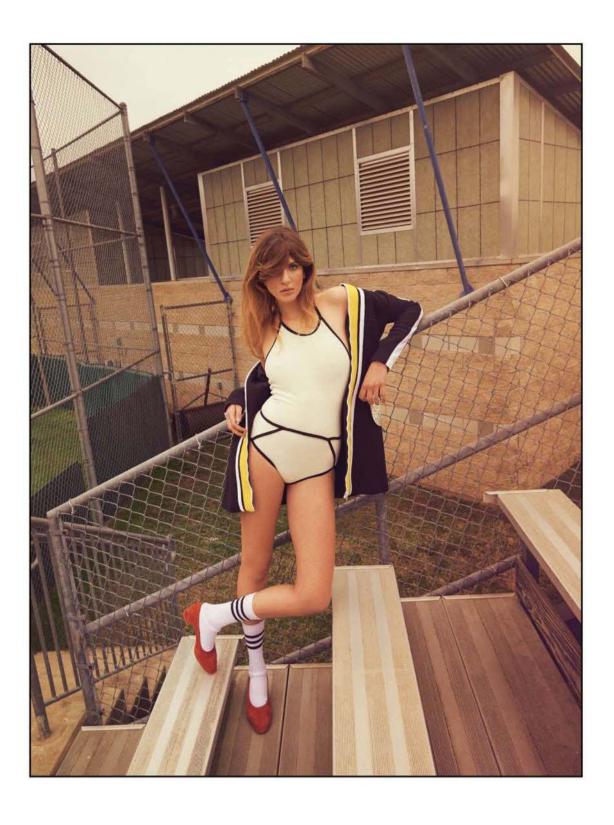


Opposite page Nylon mesh top price on request Richard Nicoll; cotton-mix shorts £389 M Missoni at harrods.com; suede shoes £252 Maryam Nassir Zadeh; cotton socks from a selection joseph-fashion.com.

This page Vintage cotton-mix top from a selection Blitz London



This page **Silk-knit dress** £1,485 proenzaschouler.com. Opposite page **Wool coat** £870 Carven; **cotton swimsuit** from a selection baserange.net; **suede shoes** £252 Maryam Nassir Zadeh; **cotton socks** from a selection joseph-fashion.com



All

The wisecracking, Twitter-smashing, straight-talking

about

Ms Kendrick isn't *just* our fantasy celeb BF – she's every

Anna

bit as awesome in real life, as Helen Whitaker discovers ▶





Reasons to love Anna Kendrick #I

In the café of a dive bar in West Hollywood, she's telling me the story about being booked to perform at the Oscars. "They just emailed my publicist," she says in that brisk tone that helped her steal scenes in *Up In The Air* and *Cake*. "With something like that, they're all, 'Oh, we really hope you agree to this, and we'll run everything by you', and you're like, 'Um, I'm going to play along here and pretend I'm just mulling it over, but this is *happening*." She pauses for a beat, then deadpans: "Like, they could ask me to shit on stage and I'd do it."

Kim's bum might have broken the internet, but Anna's more likely to do it with her mouth. If you've ever looked at her Twitter feed, you already know her as the non-fool-suffering woman with the type of self-deprecating wit that lulls you into thinking that if you ever met her, you *know* you'd be best friends (albeit with you as the less funny one). She's the person who made *that* Ryan Gosling joke on Twitter ("Ugh

didn't forget how to sing, but suddenly people just cooled off on her. I'm always sort of prepared for that, so I'm not patting myself on the back for any of the social media stuff. I know that at some point people might just turn around and be like, 'I hate you.'"

Today we've walked (yes, in LA) the three blocks between the photo studio and the bar on Santa Monica Blvd we're now sitting in, which, coincidentally, is the place where Anna had her first legal drink as a 21 year old. She waited outside until the stroke of midnight on her birthday, when the bouncer could finally let her in. "I wanted to have a cocktail, but the people I was with said it was too embarrassing, so I probably just had a beer instead." This is a typical Anna Kendrick anecdote, one where she plays up her insecurities.

It's reason #2 to love her. She's always had more time for neurotic people than the confident, "especially when someone will point out that someone else has used a word wrong," she says. "I always think, 'Oh go fuck

66 I'm not patting myself on the back for any of the social media stuff. I know that at some point people might just turn around and be like, 'I hate you' 99

– NEVER going to a Ryan Gosling movie in a theater again. Apparently masturbating in the back row is still considered 'inappropriate'"), which sent social media into a pearl-clutching meltdown, and she regularly Tweets things like: "For someone with such an intense need to be liked, you'd think I would have figured out how to be less of an asshole" to her 3.4million followers. She doesn't pander to anyone's ego, least of all her own. "What I think is really interesting is that people keep talking to me about my brand and persona and they're like, 'You're so down to earth.' Is the implication there that it's super cool of me not to be a psycho?" She throws me a wry look. "I guess that's the least I can do."

'The coolest girl on Twitter' isn't a moniker she's rushing to stake a permanent claim on. "I remember [George] Clooney [her co-star in *Up In The Air*] talking about Rosemary Clooney [his aunt] and saying that she was really popular and then suddenly she just wasn't that hot any more," she says, picking bits of lime pulp out of her sparkling water. "Nothing changed, she

yourself. Do you know how embarrassed they are right now? Just let them figure it out three years from now when they hear someone else use the word.' The person who does that is the person who goes, 'I don't get embarrassed that easily.' I very briefly dated a guy who said, 'I don't get jealous, I don't get embarrassed, I'm basically the best man.' I thought, 'This isn't going to last very long.'"

Reason #3 to love Anna Kendrick:

from breathless, envious Jessica in *The Twilight Saga*, to Natalie, the contradictory junior executive in *Up In The Air* (for which she earned an Oscar nomination in 2010), to Cinderella in *Into The Woods*, there's no pigeon-holing her. She started her acting career on stage (and was nominated for a Tony Award for *High Society* when she was only 12), and musicals seem to be the only constant on her varied CV. So far she's racked up three on

Continued on page 217







G SUPERSTAR

■ screen: Pitch Perfect, The Last Five Years and last year's smash hit Into The Woods, which saw her jetting around the world to premieres with Meryl Streep and Emily Blunt. But even with Meryl at her side, she finds the red-carpet experience awkward. "Every year that goes by, I think that my on-camera smile is going to get easier," she admits. "And it's got worse and worse, to the point where I'm giving that Britney Spears terrified smile. where the lips are upturned, but there's nothing but fear in the eyes." She continues, "I'm also the queen of ruining group photos. All my friends will be smiling and looking really pretty, and I'll be there pretending to pick my nose. Or actually picking my nose. It's a fine line."

One group she'll be photographed with a lot this month is the Pitch Perfect cast, with whom she's reunited for the seguel. It sees the Barden Bellas competing in an international competition that no American team has ever won. "It's a lot like school," she says of the group's off-screen relationship. "Some of the girls got me into The Bachelor, so that became a group texting moment for us, and when you get back together, you remember every little quirk of everyone's personalities. Because we're basically shooting the same movie again - different scenarios, but in a lot of ways, very much the same, so it was trippy. It was like, didn't we make this already? Was the first one just a fever dream? Or a premonition, and this is actually the real thing?"

One thing no one predicted was the popularity of the original film. It made £73million at the box office, which is relatively modest in cinema terms (comparatively, *Bridesmaids* took £187million; *Fifty Shades Of Grey* made around £170million in its opening weekend). But, once digital downloads and DVD sales were factored in (approximately £87million after the soundtrack went triple platinum and Anna herself scored a hit on the Billboard Top 100 with the *Cups* song), the studio sat up and took notice.

For the audience, a film centred around what women do (and say) when men aren't looking – and had romance as a secondary theme – was refreshing, to say the least. Anna is more glib about its appeal. "You put together some singing and dancing and slick camera moves, and then throw in a couple of vagina jokes, and people like it," she cracks. More seriously, she credits scriptwriter Kay Cannon with its success, even if it means that since then Anna's been deluged with scripts that are basically *Pitch Perfect-*lite. "Kay's the reason I did the first movie and it's



G SUPERSTAR

■ because the script is so much smarter than it even needed to be," she explains. "She fills every moment of her work with wit, whereas a lot of the scripts I'm sent are funny concepts, but lazy execution. A lot of people hand me a script in the tone of *Pitch Perfect* and I'm like, I think you're underestimating how much work went into how tight that script was."

She adds, "The weird thing is it happened so slowly. It made \$65million [in the US], which is good but not great. It wasn't until VOD and iTunes that anybody thought about making it a franchise. There wasn't one moment where I thought, 'Ha! Women are a draw to the box office.' Hopefully this one will mean something to the people who work in business affairs." Still, she's pleased if it helped other femaledriven movies get made. "You just want to make sure the movies getting made about women are elevated and not just low-stakes 'girl problems'."

Does she ever keep the Bechdel test – in which a story is rated by whether there are two or more female characters, who talk to each

Furniture and I was asking her about doing press for something so personal. She said, 'Oh, I make up new stuff every time. I just say, everything in it is true, or everything in it is made up.' Because people reference things you say in interviews as if it's your definitive feeling. Half the time I don't know where a sentence is going when I start it."

She does take pains to carefully craft her Twitter gags, though. "The one thing I agonise over is how to make it make sense when you read it," she says. "People think, 'Is that too risqué? Is that too crazy?' But most of the time I don't have the instinct to post anything risqué."

So she still has a filter. "I don't know. Get me drunk and see what happens." Pleasingly, Anna seems to be one of the few famous people who not only admit to drinking socially, but also talk about hangovers the way a civilian would. Both are practically taboo in Hollywood. Anna agrees. "I went to this bar-tending class for a magazine interview and when I linked to it online, I said, 'I got drunk for this interview.' A bunch of outlets put headlines like, 'Anna Kendrick admits she got

66 I'm the queen of ruining group photos. All my friends will be smiling and looking really pretty and I'll be there picking my nose 99

other about something other than a man – in mind when she's reading scripts? "Oh, I should, shouldn't I?" she cries. "Oh God. I'm trying to think what I'm reading at the minute. I've got a couple of things on my desk that it's so hard to choose between. Maybe that should be the decider." She shrugs. "Better than a coin toss."

Reasons to love Anna Kendrick #4:

she genuinely eschews the fame game. "Part of it is because I'm dressed really boring in sweatpants and sneakers," she says, as to why she rarely gets papped. "So those pictures just don't sell. You need to be really styled – in the perfect leather jacket and little booties, and have your red lipstick and your coffee – and I haven't managed that yet. If I've got jeans on, it's a good day." (Today is a good day; she's paired them with a Breton top.) Dating outside the celeb pool also helps. Her relationship with cinematographer Ben Richardson is wonderfully low-key ("a pretty sweet situation," she quips). It helps that she doesn't take any of it too seriously. "I remember meeting Lena Dunham after she had done *Tiny*

drunk.' But for me to admit it, doesn't that mean I need to deny it? I talk about it all the time, so why are you allowed to spin this as how I let everybody down? Sometimes I wonder, is it because I look young and people think I'm going down the path of the Lohan or something?"

In fact, this year Anna turns 30. "I feel like 29 is just total garbage, I'd rather just be 30 for two years," she says. "When I say I'm 29, I think I sound like I'm trying to make sure everybody knows I'm not 30." You don't look anywhere near 30, I tell her. "Yeah, I look like a teenager," she says. "I really like '50s-style dresses, but they make you look childish, and I don't want to look like one of those people trying to look like a little schoolgirl." Her aim for the next decade? "I'm trying to give a message to the world that I am a grown up." She gives a rebellious smile. "I'm a woman, here's my bitchy resting face."

If that's not reason #5 to love her, I don't know what is. @

Pitch Perfect 2 is in cinemas from May 15







LOVE YOUR LIPS

Let Lily Collins inspire you with this season's new lipstick looks. By **Alessandra Steinherr**

h, I'm definitely a lip girl," says the former GLAMOUR cover girl in between make-up changes. The *Mirror*, *Mirror* and *Love*, *Rosie* star (and Lancôme ambassador) is here to share her favourite lip looks – but there was a time when 26-year-old Lily shied away from lipstick altogether. "I thought it would look huge on my face, as my lips are quite large. But then, one day, I let my make-up artist try it and I was hooked." The Surrey-born actress, who lives in LA, has been busy channelling old-school Hollywood beauty, playing a 1950s starlet in film legend Warren Beatty's latest project, a star-studded romantic drama due out next year. Today, it's all about showcasing this season's trends – and Lily's loving experimenting with her lipsticks. "It's fun to try new things and transform your look." Here's how to work it like Lily.

Sheer and bright

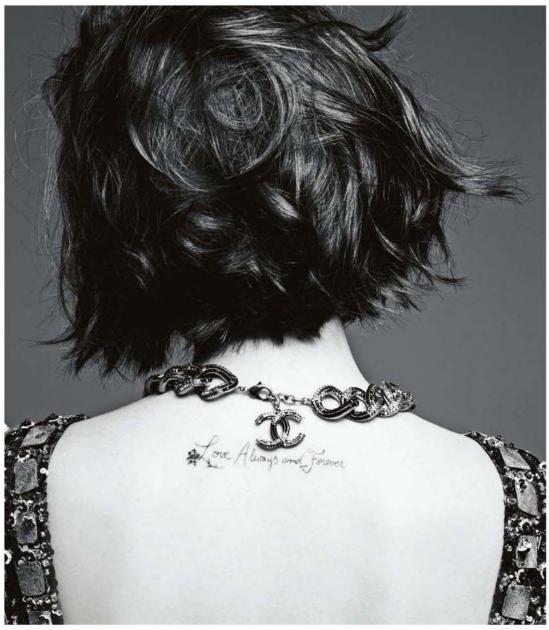
"This is a colour combo I normally wouldn't be daring enough to wear in my daily life," says Lily. "But it's proof that taking risks can get cool results." Vivid shades are more wearable in a sheer formula – here Lily is wearing **Shine Lover in 136** £21 lancome.co.uk. "I love how easy these lipsticks are, and they come in so many cool colours," she says. We contrasted the coral lip with a wash of matte turquoise on eyes – try **Eyeshadow in Gonzo** from **Electric Pressed Pigment Palette** £38 Urban Decay.



£21 lancome.co.uk

Photographs by Naj Jamai





Ultra glossy

See-through gloss is a huge trend for S/S15 and when you make it sparkly, it couldn't be prettier. "Shimmer and shine give such a lightness to the face," says Lily. "It's fun, but doesn't feel like you're wearing much make-up." And indeed here she isn't – just a bit of foundation to even out her skin, a little matte shadow in the crease of the eyes for structure and a dab of **Gloss In Love in Pink Carat** £20 lancome.co.uk on her lips. Add some colour by flushing cheeks – try **The Creamy Glow in Isadore** £19 Kevyn Aucoin.



Beauty according to Lily

"My brows are my defining feature"

"When I was younger and moved from England to LA, it was all about being tanned and having thin eyebrows, and I wanted to fit

in. I was self-conscious about my big brows and I remember taking tweezers and thinning them out. My mum was like, 'What did you do?' She was scared they wouldn't grow back and said, 'The quirky things that make you different are what make you beautiful.' That's when I stopped being self-conscious. And it's funny – the moment I stopped worrying, people started saying, 'Oh, never touch your eyebrows.'

Now I hardly do anything to them. It's freeing when you stop trying to change."

"I love my short hair"

"I used to have hair past my belly button, then it got progressively shorter until I finally chopped it. It's very much where I'm at personally right now, wanting to feel a bit freer. Now that it's off my shoulders, I can just ruffle it and get out the door."

"I do my own make-up for small events"

"I've picked up so many tips from having my make-up done. I don't like to spend a lot of time on it – that's why

lipstick is great, it's super-fast. For the Golden Globes party [above, with Selena Gomez], I did a dark lip using

just lipstick and fixing the edges with a cotton bud, not lipliner – I don't really know what to do with them."



"My all-time favourite redcarpet look"

"It was in Rome for the *Love, Rosie* premiere [left]. I wore this beautiful Elie Saab dress and my hair and make-up were really old-school glamour. I also loved the entire *Mortal Instruments* press tour, because we tried to make every look different. It was really fun to experiment and felt like we were doing a photo shoot every day."

"It's fun to try new things and transform your look. If you're not going to try it, you'll never know how it looks on your face and if it works."

"My essential kit"

"I use Bi-Facil
Non Oily Instant
Cleanser [£25
lancome.co.uk]
all the time. It
doesn't burn my
eyes and it
takes off that
stubborn
waterproof
mascara that
you can never
quite get off."



"The Hydra Intense Hydrating Gel Mask [£32 lancome.co.uk] is great after a flight and when my skin is dehydrated – my skin just soaks it up."



"I always use Lip Balm #1 [£9.50 kiehls.co.uk] – it's great as a lipstick prep, too."



"Hypnôse Drama Mascara [£22.50 lancome.co.uk] is my go-to, it's a must for me at all times."







Warm nude

"Nude can be tricky to pull off, but it works for me when it's a bit richer, not too light," says Lily. Here she's wearing **Rouge In Love in Rose The** £21.50 lancome. co.uk. Glam it up by teaming with a smoky cat's eye. We used **Khôl Hypnôse Waterproof Eyeliner in Coffee Black** £18.50 lancome.co.uk and blended it out at the corners to create the feline shape. Nude liner on the lower inside rim opens up eyes. Pump up lashes with **Grandiose Mascara in Noir** £24.50 lancome.co.uk





THE LITTLE BLACK BOOK OF



BEAUT BESTS

From hair to nails to skincare, we've compiled the hottest trends, looks and products to know now.

Summer looks gorgeous,

says Grace Timothy

2 OMG LASH INNOVATIONS

Think you know mascara?
Think again. The new generation of magic wands are taking lashes to the next level...

The Little Black Primer

£20 esteelauder.co.uk. Not only does this primer make your mascara waterproof, last longer, curl better and smudge less, but it also tints and conditions the lashes.

Roller Lash £19.95 benefitcosmetics

co.uk. No need for eyelash curlers

- this nifty wand hooks, lifts,
separates and thickens every lash.

Poller Lash

"Make sure the lashes at the outer corners are styled upwards — not outwards — then use the tip of the wand to push each lash into place." Lee Pycroft, make-up artist

A BEAUTIES INSTA-STALK

hashtagging #TheDream (How many 'likes' is too many?)









BEST IN SHOW(ER)

Chronologiste Revitalizing Shampoo £23 Kérastase. This is as luxe as it gets – no matter your hair type, this shampoo adds shine with caviarinspired pearls. It's the closest you can get to a salon hair-wash at home.





The catwalk was full of easy cheats to make a hair DON'T into a chic hair DO, according to Philippe Tholimet, Josh Wood Atelier stylist.

"Dispense a good amount of wet-look gel into your hands and run your fingers through your hair to distribute the product evenly, slicking it back from your face. Secure with grips behind your ears."

All Day Luminous Weightless Foundation £33 narscosmetics.co.uk Glowy, featherlight and you only need

one drop for 16 hours

of gorgeous skin.

"Apply salt spray from root to tip. Create a low side parting and on the opposite side,

"Create a high ponytail then twist it around the base and secure with pins, leaving the ends loose. Apply a little gel to the crown with a brush, but stick to salt spray on the bun itself, creating two different textures."

30RA ASKU

3 GAME-CHANGING
No more flaking,
riging or creasing. Expect
rom your foundation
bad boys can
rure.

Pescue

shiny finish. If you have

oily skin, you'll love it.

Custom Cover Drops £36 Cover Fx This pigment can be added to... well, anything. Day cream for dewy colour, tinted moisturiser to amp it up, or foundation to boost the coverage.



NEW-GEN

BRIGHTEN Glycolic Peel £22 caudalie.com



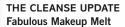
HYDRATE Miracle **Sleeping Cream** £12.99 Garnier



SOFTEN Goddess-Skin Clay Mask £55 Charlotte Tilbury



BEEHCHROUGHS



£24 blissworld.co.uk If you're still not sold on cleansing with oil, how about one disguised as a gel? This soft cleansing wash transforms into an oil as you massage, to clean without drying your skin.

THE UBER-OIL
A dry-skin saviour that
doesn't resemble butter.
Turnaround Revitalizing
Treatment Oil £30 clinique.
co.uk gently resurfaces with
salicylic acid, then smooths
with a kick-ass blend of oils.

THE SERUM FOR YOUR TWENTIES

You're over teenage skin, but in no danger of wanting a wrinkle cream! Well, at last, the skincare gods have sent you Original Skin Renewal Serum With Willowherb

£32 origins.co.uk to tackle *your* issues, such as dry patches and dullness.

TIP

"Have a one-day rest from make-up and feed your skin with facial oil before breakfast, lunch and supper." Abigail James

THE POWERHOUSE EYE CREAM Clearly Corrective Dark Circle Perfector SPF30

£49 kiehls.co.uk has brighteners to tackle hyperpigmentation, but the best bit? The SPF can help prevent lines and dark circles. **TIP** "Don't forget the skin under your eyebrows – the upper lids can get crêpey with age," explains facialist Abigail James.

OLAY Total Effects THE PORE PERFECTOR

Pores – you can't technically shrink them, but you can make them appear less obvious with the cocktail of vitamins B3 and E in **Total Effects Pore**

Perfector £14.99 Olay. ▶



THE BEST RED-CARPET ACTION to cut out, covet and copy



Keira Knightley - smokin' eyes



Lupita Nyong'o - on trend in purple



Sienna Miller - that hair



Emma Stone - THE red lip

THE NEW NAIL SCALE



That's right, nude's not going anywhere. See: Stella McCartney, Alexander Wang and Victoria Beckham. Try The New White Polish in Whitehall £14 nailsinc.com



EFFORT LEVEL 2 Apply a coat of polish, then release a drop of polish remover onto the centre of your nail. Try Polish in Tart Deco £7.99 Essie

THE PERFECT LIP WARDROPS

Cupid's Bow in Daphne £20 Lipstick Queen



GLAMOUR's favourite online beauty emporium, BeautyMART, is setting up shop in a Topshop near you, very soon...

THE LIPSTICK Rouge Coco Hydrating Crème Lip Colour in Adrienne £26 Chanel

THE GLOSS Rouge Brilliant Gloss in Victoire £26.50 Dior

Photographs: Chris Craymer, Kenneth Willardt, Jason Lloyd-Evans OPI, Rex Features. Still lifes: Jody Todd



EFFORT LEVEL 3

"Negative nail art is simply the hottest trend of the moment," says Trish Lomax, A-list manicurist. "After applying colour, use a super-fine eyeliner brush to draw a line from the cuticle to the tip." Try Miracle Gel in Get Mod £9.99 Sally Hansen



EFFORT LEVEL 4

"Apply Vaseline to the skin around your nails to prevent stains," says Trish, "Then dip a toothbrush into your polish and flick the bristles so the colour splashes onto the nail." Try Ice Cream Collection £22 ciate.co.uk



"Nail guides make this look so much easier, but if you have a steady hand, just go for it," says Trish. "You can sharpen lines with an eyeliner brush dipped in polish remover." Try Nail Lacquer in That's Hula-rious £11.95 OPI



THE BEAUTY TEAM'S RESE

Alessandra Steinherr,
Beauty Director "I love Deborah
Mitchell's LIA Facial (from £65)
– it treats the skin and calms the
mind. I love her Heaven skincare
range, too." Peppermint
Clarifying Hydrogel £19

heavenskincare.com

Sarah Jossel, Acting
Deputy Beauty Editor "After
years of tonging my hair, I've
decided I prefer it straight.
I love the Boutique Salon
Control 235 Straightener £90
Babyliss — it gets hot super
quickly and never snags."



Grace Timothy,
Contributing Beauty Editor
"I'm a total candle nut, so
creating my own scent at
Candle Shot Studio Candle
£75 Jo Loves was amazing.
And it's beautiful: fig trees
and Tahitian gardenia."

25%

Dominique Temple,
Senior Beauty Assistant

"A nude gloss is a staple in my kit,
but a good one is hard to find.
Sexy Mother Pucker Pillow
Plump XXL in Nude About Town
£10 Soap & Glory tints, plumps
and adds shine."

G DIRECTORY

14 FEET TREATS

Get ready for sandal season with these discounted treatments, says **Grace Timothy**

BRIGHTON

Geleration Gel Overlay Pedicure at The Treatment Rooms, 21 New Road BN1 1UF (01273 818 444; thetreatmentrooms.com)

For pre-holiday prep No one wants a chipped pedi three days into a holiday. This is the answer: a long-lasting gel polish on freshly exfoliated and groomed-to-perfection feet.

Usual price £56 for 55 minutes**

CHELTENHAM

Green & Spring Pedicure at C-Side, Cowley Manor GL53 9NL (01242 870 900; cowleymanor.com)
For total luxury An hour of relaxation sounds good, right? This luxe pedi includes a soothing massage and a nourishing mask so that by the time colour is applied, your feet will be purring. Usual price £55 for 60 minutes

CHICHESTER

Me-Time Pedicure at ID Makeup, Hair & Beauty Lounge, 13 Southgate PO19 1ES (01243 533 885; the-id.co.uk) For tired feet If you're on your feet all day, they deserve some TLC. How about a Davines foot soak and massage, with a handmade scrub and your choice of OPI polish? Done. Usual price £28 for 45 minutes

HASLEMERE

Mini-Shellac Pedicure at Posh Beauty, 3 Crossways Court, Fernhurst GU27 3EP (01428 653 304; poshbeauty.co.uk) For a quick fix The super-speedy



Posh girls will cut, shape and groom your toenails, before treating them to a fast-drying Shellac colour. The result? Gorgeous nails faster than you can say, "Get me my flip-flops."

Usual price £30 for 45 minutes

HELMSLEY

Elemis Sole Delight Foot Treatment at The Feversham Arms Hotel & Verbena Spa, Helmsley Y062 5AG (01439 772 930; fevershamarmshotel.com) For soothing dry skin Get your feet summer-ready with this super-hydrating treatment to soften the hardest heels. Aromatherapeutic oils heal and condition while you just sit back and relax.

Usual price £40 for 30 minutes***

LEICESTER

Gelish Pedicure at Absolute
Nails & Beauty, 105 Loughborough
Road, Mountsorrel LE12 7AP
(07709 318 609;
absolutenails-beauty.co.uk)
For colour lovers The only tricky
bit here is choosing a shade from
the range of 200 fast-drying,
long-lasting gels. Enjoy a scrub
and massage to soften any hard
skin, before nails are filed and
shaped to perfection.

Usual price £30 for 60 minutes

LONDON

Classic At-Home Pedicure with Prettly.com, bookings@prettly.com For a pedi on the sofa If you live in zones 1-3, you can get picture-perfect toes at home. Yep, no more hobbling around town in flip-flops trying to avoid a smudge – just curl up on the sofa and relax.

Usual price £30 for 45-60 minutes (email bookings@prettly.com with the subject line GLAMOUR15 for your exclusive 25% discount)

Medical Pedicure With Toe Nail Polish at the Margaret Dabbs Sole Spa at Liberty, Great Marlborough Street W1B 5AH (020 7494 4492; margaretdabbs.co.uk) For good-as-new feet This is like

For good-as-new feet This is like an extreme makeover for your feet, with a podiatrist to perform a safe – and painless – surgical removal of dry skin and calluses, and then a hit of Rococo colour.

Usual price from £95 for 60 minutes

The Hot Milk And Almond Pedicure at Bliss, 60 Sloane Avenue SW3 3DD (020 7590 6146; blissworld.co.uk) For cashmere-soft skin What do dry feet need? A big ol' drink. This pedicure includes the decadent steamed whole milk and almond oil soak with a softening scrub and your choice of nail colour.

Usual price £65 for 60 minutes†

Essie Spa Pedi at Haris, 305 Brompton Road SW3 2DY (020 7581 5211; harissalon.com) For softening up hard heels This luxe treatment focuses on resurfacing – the perfect remedy for dry, hard skin. Major moisturisation is followed by the Essie polish of your choice. Usual price £50 for 60 minutes

Bathhouse & Spa at Mondrian London, 20 Upper Ground SE1 9PD (020 3747 1000; morganshotelgroup.com) For party feet If you're a dedicated heel-wearer, this treatment is an essential MOT. You'll enjoy a relaxing massage, followed

Stiletto Smoother at Agua

MILTON KEYNES

by a quick file and polish with

fashion-forward Ciaté colour.

Luxury Pedicure at Champneys Day Spa at Boots, 18 Crown Walk MK9 3AH (01908 239 883; champneys.com)

Usual price £50 for 50 minutes^{††}

For five-star pampering If you need some time out as well as a good scrub, then this is the massage-slash-pedi

for you. You'll float out feeling relaxed, with prettier feet and a smile on your face. **Usual price** £40 for 55 minutes

SLEAFORD

Foot Soother at The Grange Spa, Millthorpe Road, Pointon NG34 ONF (01778 440 511; thegrangespa.co.uk)

For the full works Once your skin has been fully prepped (exfoliated, soaked and filed), the amped-up pampering begins with The Grange's signature massage, foot 'mask' and cosy heated booties. If feet could talk, they'd be all, "Mmm!" Choose your polish and your foot makeover is complete.

Usual price £45 for 75 minutes

TUNBRIDGE WELLS

Just Gel Pedicure at Champneys, 7 High Street, Kent TN1 1UL (01892 530 111; champneys.com)

For a lunch-hour pick-me-up
This is the perfect treatment
if you need some TLC but
are short on time. The
long-lasting gel colour treatment
dries instantly to a high gloss
finish, so you'll still have
time to grab a sandwich
before heading back to work.
Usual price £30 for 30 minutes

2 DIY essentials

In between pedicures? This two-step regime will keep your skin and nails healthy: cleanse, exfoliate and smooth with Foot Relief £19.50 aveda.co.uk then prep nails with No7 Nail Cleanse & Prime £8 boots.com





World's 1st SmartFoam pad Absorbs 10x its weight

Always Infinity isn't like any other pad. That's because it's the only pad made of SmartFoam, which moulds to your body and is so incredibly soft and thin, you barely feel it's there. Yet it still absorbs 10x its weight.

always





skin would be blemish-free and beautiful. Except it wasn't.

Two decades on, my skin is worse. At 38, I still won't venture far from my concealer. And I've spent a fortune on skincare and make-up, as well as hours with doctors, dermatologists and facialists, trying to achieve the clear complexion I dreamed of.

Take today: my skin's not too bad. I'm nursing a big spot on my chin, but that's pretty unusual. Still, I know what it's like to feel the discomfort, embarrassment, expense and distress of adult acne. Quite frankly, when you're worrying about spots and wrinkles, enough is enough.

According to the figures, I'm one of a growing number of adult acne sufferers. At last count, 54%

of women over 25 had some facial acne. Another study puts cases for those aged 20-30 at 80%, with 5% finding their spots persist into their forties.

Cosmetic dermatologist and 'acneologist'
Sam Bunting says 60% of her patients have adult
acne and 90% of those are female. "There are two
main types: persistent acne that never really goes

HEALTH HANDBOOK

■ away from your teens, and late-onset acne that comes on after the age of 25," she explains. "I'm definitely seeing more cases of the latter."

While teenage spots are most common on the oily

T-zone (and this pattern continues if you have the persistent kind), adult-onset acne is usually seen on the cheeks, chin, jawline and neck, called the U-zone. "It tends to be inflammatory, so while you may only have three to four spots, they're likely to be hard, stubborn nodules, and resolve much more slowly," adds Dr Bunting.

much more slowly," adds Dr Bunting.
By this point in your life, it feels as though you should have your hormones under control, but women experience far greater fluctuations throughout their life than men, making us vulnerable for a longer period – because, whatever your age, hormonal change is still the biggest acne trigger.

It causes excess sebum production and a tendency for clogged pores. "It's wrong to think it's just puberty Dr TI that causes skin problems, it's also premenstrual days, pregnancy, changes in hormone-based contraceptives, such as coming off the Pill, and even the menopause," it can be says Dr Bunting.

Acne is also a feature of other female-only medical conditions, such as polycystic ovary syndrome (PCOS)

– an increasingly common condition, affecting up to

10% of UK women, which leads to unbalanced hormones and overactive sebaceous glands.

Hormones aside, other factors are also responsible. Your genes, for one. "Having a close relative with acne increases your chance of suffering fourfold," says Dr Bunting. And some people are simply unlucky

and have overactive oil-producing glands. "Your glands may be more sensitive to male hormones, such as androgens," explains dermatologist Nick Lowe. "This sends them into overdrive, pumping out too much oil. Then, dead skin cells aren't shed properly and clog your pores, and the excess oil creates the ideal environment for acne bacteria to multiply, often causing inflammation."

Of course, acne doesn't just affect how you look. The British Skin Foundation recently surveyed over 2,000 adult sufferers and found 63% had lowered self-confidence, while 20% felt a relationship had ended due to their skin problems and a worrying 20% said they had even contemplated or attempted suicide.

None of this is news to health psychologist Dr Andrew Thompson, who studies the psychological impact of skin disease at Sheffield University. "Having

5% OF WOMEN FIND THEIR SPOTS PERSIST INTO

visible acne really affects people's self-esteem, daily functioning, work and relationships," he says. In a study published in the *British Journal of Dermatology*, sufferers recorded that it affected their quality of

life to the same level that patients with conditions like epilepsy and diabetes had reported. "It's a vicious cycle because depression, anxiety and stress can impact on immune function and affect the skin, making the condition worse," he adds.

hen Jane, 35, an event organiser from Middlesex, has a bad bout, she can hardly face leaving the house.

"I feel greasy and disgusting, and I can see people trying not to look at the huge boils on my chin and neck," she says. "What's the point in getting dressed up to go out when I feel so unattractive?"

Dr Thompson says Jane's distress is typical. "People with acne often worry they're seen as unclean or unhealthy," he says. "If you're affected as an adult it can be extra stressful, because of the apparent

age mismatch – you feel you stand out more."

While I can't deny it's comforting to know that I'm not suffering alone, it's puzzling that we seem to be more

spot prone than ever before. The major reason, according to experts, is a rise in stress levels.

"Women today are more likely to be high achievers who end up internalising stress, rather than taking measures to reduce it," says Dr Lowe. In short, while you might not realise you're stressed, your body does,

and reacts. Male hormones – androgens – that are normally converted to oestrogen are instead converted to testosterone. "This surge of male hormones contributes to acne," says women's nutritional health specialist Dr Marilyn Glenville.

But it's also true that we're hearing more about spotty adults because we're less prepared to put up with bad skin and more likely to seek treatment. What helped

Jane was returning to her GP (again) and asking to try another contraceptive pill. "I'd tried several, but finally he gave me one called Yasmin and that stopped me getting the really bad outbreaks," she says. "My skin's not perfect, but I'm no longer embarrassed by it."

If something in your life is making you miserable, taking action is always a good idea. So, over the following pages, we bring you the latest treatment and advice, to help give you hope for a spot-free future.

63% OF ADULT ACNE
SUFFERERS HAVE LOWERED
SELF-CONFIDENCE

54% OF WOMEN OVER 25 HAVE SOME FACIAL ACNE



Sensational, warming relief.

Available to buy at selected chemists and leading supermarkets.



DID YOU KNOW MANY WASHES AREN'T MADE WITH YOUR INTIMATE PH IN MIND? LET'S DO SOMETHING ABOUT IT.



Sex, soap, even your period can throw off the pH of your intimate area. Vagisil pH Balance wash helps maintain a healthy intimate pH which helps reinforce your body's natural defenses. A balanced pH is an important step towards good daily intimate health.

VAGISIL PH BALANCE WASH IN THE HEALTHCARE AISLE

Spot the difference

Welcome to GLAMOUR's guide to grown-up spots. "Most adult acne is a combination of types, so needs a combined approach," says cosmetic dermatologist Sam Bunting

The annoying blackheads

Officially called comedones, these black or yellow follicles have filled up with dead skin cells. Whiteheads are closed comedones, because skin covers the blocked follicle.



DO Try retinoid creams or gels, which reduce clogged pores – Avène's TriAcnéal range is a good start. "Prescription retinoids include adapalene and tretinoin," says Dr Bunting. Only apply at night, as they make your skin light sensitive. "Start off every other day, or skin can get red and dry," she adds. DON'T Use long-wear foundation, which will clog your pores. Look for the words 'non-comedogenic' (non-clogging) on labels. "Nars, Armani, Vichy and Lancôme are all brands I'd recommend," says Dr Bunting.

The 'squeeze me!' ones

Papules are small red bumps that are inflamed and may feel sore. Their close relatives, the medieval-sounding 'pustules', have a white centre, often filled with pus, which is produced in response to inflammation.

DO Consider the Pill. Certain types, such as Yasmin, can help with outbreaks of this kind. A low-dose, long course of antibiotics may also be prescribed. "Or, try anti-inflammatory, topical treatments containing benzoyl peroxide, salicylic acid and azelaic acid," says Dr Bunting.

DON'T Squeeze them, however tempting. You risk scarring and worsening the spot by pushing inflammation deeper into the surrounding tissue.

The tender lumps

Known as nodules, these painful, inflamed lumps, just under the skin's surface, rarely break the skin and often appear around the chin and neck. A classic sign of adult-onset acne, they're usually caused by a hormone imbalance.

DO Speak to your GP. The contraceptive pill can be effective. For severe cases, a dermatologist may prescribe a hormonal treatment called spironolactone, which reduces your skin's oil production.

DON'T "Use cleansing cloths, brushes and scrubs," says Dr Bunting. You can't exfoliate these spots away and harsh treatment will make inflammation worse.

The really huge ones

Similar to boils, the biggest spots are acne cysts – large, pus-filled lumps. They're the most extreme example of acne, distressing and the most likely to cause scarring.

DO Ask to be referred to a dermatologist. "The oral retinoid, Roaccutane, is very effective in severe cases, but can only be prescribed by dermatologists," says Dr Bunting. "It reduces inflammation and sebum production, completely clearing acne in 60% of cases." The catch? It has side effects such as dry skin, lips and eyes. DON'T Use normal foundation – it'll clog your pores. Try a range such as Vichy Dermablend. It's lightweight, but will still hide spots, acne cysts and scars.



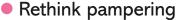


5 ways to zap the zits

Find the right expert

Your GP should be your first stop. You'll discuss medication. but you can also consider whether a contraceptive pill will help - certain types stabilise hormones. "Make sure your GP takes a full medical history to rule out conditions such as PCOS," says Dr Bunting. "It's worth asking to be referred to a dermatologist, but it's unusual to get this on the NHS unless your acne is severe." Even if you can only afford one private appointment after you've seen your GP, it's worth it. "A cosmetic dermatologist will understand more how your

beauty regime, make-up and fitness habits might be impacting on your acne," says Dr Bunting. To find one, go to British Association of Dermatologists (bad.org.uk). Consultations start from £50.



It may be relaxing, but a facial isn't the best thing for an acne sufferer.

"Beauty therapists don't have specialist knowledge and can end up causing breakouts," says Dr Nick Lowe.

Your money would be better spent at a dermatology clinic. "I use violet light therapy, which kills and removes acne bacteria and reduces inflammation.

Microdermabrasion can also unclog blocked pores. And I've had good results

from controlled chemical peels, using salicylic and lactic acid," says Dr Lowe. To find a practitioner, visit the British Cosmetic Dermatology Group (bcdg.info).

Eat well

"While there's no link between greasy foods and acne, research suggests excessive consumption of dairy and refined carbohydrates [anything sugary, and 'white' versions of carbs] may contribute," says Dr Bunting. "Research has shown that a protein called IGF-1 [insulin-like growth factor] stimulates oil production, clogging follicles. And it's increased by milk and high-GI refined foods." Sadly, this means chocolate



A FACIAL

ISN'T THE

BEST THING

FOR AN ACNE

SUFFFRFR

with its sugar and dairy content – may cause spots after all. "You don't have to cut anything out completely. I advise a balanced diet, with lots of vegetables and low-GI carbs," says Dr Bunting.

Take supplements

"I recommend women take nutrients such as magnesium, vitamin B5, and the amino acid L-theanine, which help combat stress," says Dr Glenville. Take a daily multivitamin including vitamin C, which helps with healing scars, and zinc, which is good for skin health. "Also, essential fatty acids can help

balance your skin's oil production, so look for an omega-3 fish oil or flaxseed supplement," she adds.

Get support

If bad skin is making you unhappy, one effective approach is cognitive behavioural therapy

(CBT) – your GP can refer you. "CBT teaches you to challenge the way you see yourself and how you think others see you, addressing the self-criticism that skin conditions cause," says Dr Thompson. Find a therapist at itsgoodtotalk.org.uk, or try plusguidance.com for online counselling.

Try a mind trick

Making time for relaxation lowers your stress levels, which will reduce hormone surges and have a positive effect on your skin. "Spend five minutes every day sitting or lying somewhere quiet with your eyes closed – imagine you're somewhere you love, where you feel safe. Notice everything about the place, in as much detail as you can – how does it look, smell, sound, feel?" says Dr Thompson. If you're in a social situation and feel anxious that you're being judged, focus on the external. "Really concentrate on the person you're talking to, what they're wearing and saying. Force yourself to engage with them and ask questions, which will tune out your inner critic," he adds.

Photographs: Inez and Vinoodh/Trunk Archive, Patric Shaw/Trunk Archive; Rex Features, Getty Images. Statistics according to the International Dermal Institute. drsambunting.com. maniynglenville.com. dmicklowe.com



IAMPAX (OMPAK PEARL R LESS LEAKS

Outsmark Mother Nature



The only compak that fits your shape
for our #1 in comfort and protection.**

NEW! TAMPAX
Compak PEARL





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a member, find one to take you - that place

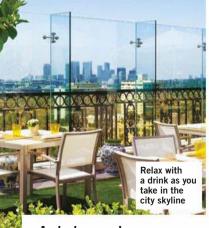
take you to the Beverly Center, two minutes

Drive-In. The hotel's courtesy driver will happily

is always crawling with great celeb spots) and properly old-fashioned burger icon, Mel's

incredibly spacious, with bathrooms bigger than a lot of London flats (most with a double shower). Whenever I'm in my room, I could well believe I'm the only person in the hotel. It's that quiet. The breakfast buffet in the Gordon

Ramsay restaurant can keep you going all day.



And when you're after this view...

Head to the rooftop. Sit by the pool, drink a cocktail and take in the amazing, sprawling views. Every time I do, I think, 'I wish I lived here'. I've stayed at The London a lot and I've never found the pool area to be overcrowded and 'sceney'. It always feels calm and relaxed, with seriously breathtaking views of the city that go well with a wine.

NEED TO KNOW

The London West Hollywood, 1020 N San Vicente Boulevard, West Hollywood, California, United States. thelondonwesthollywood.com
Prices from approximately £195 per night for a standard suite, which includes breakfast and internet access.
Air New Zealand flies daily from London Heathrow to Los Angeles LAX. Economy flights start from £447 per person, premium economy from £1,218 per person and business premier at £3,132 per person (all return). For the most up-to-date fares to New Zealand, see airnewzealand.co.uk/flights-to-new-zealand





fastliving





For a CITY BREAK

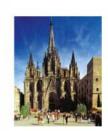
Grand Hotel Central, Barcelona, by Dom Kelly

You'd be forgiven for dismissing Barcelona if you're after a relaxing getaway - but nestled in the heart of the Gothic Quarter, Grand Hotel Central is a haven from the hustle of the Catalan capital. There are full spa facilities, while the food at restaurant Avalon, prepared by Michelin chef Ramón Freixa, is delicious. Rooms offer the chance for real relaxation - sound-proofed and well proportioned (and with an iPod dock), so you can easily shut out the world and escape to your own oasis of calm. With bathtubs big enough for two, scented candles and the softest beds imaginable, you may see a lot less of the city than you intended. If you do manage to break out of the hotel, though, you couldn't be better placed for exploring the city on foot. Barcelona's Gothic Quarter is a labyrinth of winding streets, stuffed with hidden gems. Stop at chocolate shop Fargas

(16 Carrer del Pi), one of the oldest establishments in the city. Visit for the smell alone – decades of cocoa aromas sunk deep into the wood-panelled walls. While you're nurturing your sweet tooth, venture the tenminute stroll to the buzzing main boulevard, Las Ramblas, and head to Café Escriba for lemon tart.

And when you're after this view...

Ride the 1920s-style glass elevator to the eighth-floor rooftop, where you'll find an infinity pool surrounded by sleek sun loungers. Sip an Aperol or Orange Gin Mare while taking in the panoramic view across the city to the mountains beyond. There's no overcrowding here, with the pool and bar exclusively reserved for guests into the evening; only after 10pm can non-guests flock to enjoy chilled-out cocktails.



NEED TO KNOW

Grand Hotel Central, Via Laietana, 30, 08003 Barcelona, Spain. grandhotelcentral.com

Prices start from approx £175 for a standard double room. ▶







For MODERN CHIC

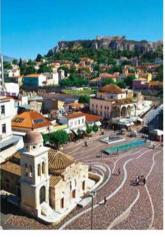
Fresh Hotel, Athens, by Helen Placito

This stylish and modern hotel is in the heart of downtown Athens. It's within walking distance of many museums and galleries, as well as the Acropolis; you can explore Plaka, the oldest part of the city, though very touristy, as well as the more bohemian Monastiraki. A few steps from the hotel is the Central Market, a 19th-century maze of stalls selling not just fish, meat and fruit and vegetables, as you'd expect, but whole shops of herbs, spices, olives, cheeses and honey. It's a wonderful place to wander and work up an appetite for lunch. The hotel itself is modern and minimalist. Staff are friendly and knowledgeable, and the whole building is a sanctuary from the bustle outside. And great value, too

 although you can upgrade to a suite with its own balconies if you want to splurge. Buffet breakfast is a treat, with the most delicious Greek yogurt and feta I've ever tasted, produced for the hotel at its own farm.

And when you're after this view...

Hit the amazing Air Lounge bar – it's Fresh Hotel's USP and a magnet for Athens hipsters. Comfortable, classy and serving great food and cocktails (including some wonderful non-alcoholic options), it's open until 2am, and you can swim in the pool, recline on huge loungers and enjoy one of the most stunning sights in the world: the floodlit Acropolis against the Athens night sky.



NEED TO KNOW

Fresh Hotel, 26 Sofokleous St, Athens 10552, Greece. freshhotel.gr Prices start from approx £58 per night, including buffet breakfast.



dditional research by Julia Pritchard. Photographs: Rodrigo Diaz; 4Corners Images; Getty Images

4 more of our

FAVOURITE ROOFTOPS



The Kalkan Regency, Turkey

Kalkan is famous for its rooftop bars, but The Regency's Seapoint Terrace restaurant is the most impressive. The food is outstanding (from the hotel's organic farm in the mountains) and you can eat by candlelight overlooking the bay. Book through exclusiveescapes.co.uk



Sands Skypark at Marina Bay Sands Resort, Singapore

This resort boasts an observation deck for panoramic views of the city, plus the world's largest rooftop pool, an infinity pool 57 floors up and 150m across. marinabaysands.com



The Boundary, London

This Mediterranean-themed rooftop bar and chill-out area in Shoreditch has views over London and a weatherproof pergola (making it a year-round hang-out). theboundary.co.uk



Rock Bar at Ayana Resort and Spa, Bali

A hotel bar perched on rocks above the Indian Ocean, and hovering out over the water – what's not to love? You can watch the sun set, then party into the night when DJs come on after dark. ayanaresort.com

The summer **TECH TOP10**

MAKE ROOM IN YOUR SUITCASE FOR THESE GO-TO GADGETS, SAYS OLIVIA SOLON

1/

TORY BURCH FOR FITBIT FRET PENDANT NECKLACE, £155

If you like to keep up your gym regime on holiday, this pendant — with a space to store your Fitbit fitness tracker — is the stylish way to do it. toryburch.co.uk **2** 30 Aura H:

KOBO AURA H20, £139.99

Don't use up your baggage allowance on books — pack an e-reader instead.

As a bonus, this one is waterproof, so you can relax on your Lilo in the pool, worry free. kobo.com

3

MOMENTUM 2.0 WIRELESS HEADPHONES, £379.99

Excellent sound quality, slick style and noise-cancelling technology means you turn on, tune in and zone out.

4

ELEKTRONISTA Digital Bag. £249

This leather clutch has compartments for your phone, iPad, make-up, wallet and keys, plus a built-in charging system to give your devices extra juice. knomobags.com/uk



G2 MINI PORTABLE BLUETOOTH SPEAKER, £99.95

The G2 offers superior sound, comes in a range of colours and has a battery life to let you party poolside into the wee hours. cambridgeaudio.com

6

TRIVIA CRACK, FREE, iphone and android

This game is addictive. It's a bit like Trivial Pursuit, but instead you need to win cute cartoon characters.

Challenge your friends

loser buys the first

- loser buys the first round. *triviacrack.com*

7

REVIVEAPHONE WATER DAMAGE REPAIR

KIT, £14.99

Phone in the pool? Don't panic. Instead of using rice, try this. The magic liquid can bring your device back from the dead so you don't lose all your snaps. reviveaphone.com

8

LOOQ SELFIE STICK £16.28

Perfect for taking self-portraits of you and your new holiday buddies, just clip your phone in and extend the pole. A button on the handle controls the shutter. loogsystem.com ES.

NETATMO JUNE, APPROX £69.98

It looks like a regular leather bracelet with a gemstone, but it doubles as a tracker for sun exposure. It links to your smartphone and tells you when it's time to hit the shade. netatmo.com

10

POSTSNAP APP, FREE, ITUNES

Don't limit yourself to the tacky postcards in the tourist tat shop. Instead, make your own using the Postsnap app. It lets you create collages from the pictures you've taken on your phone. The unique keepsakes are then printed and delivered to the other side of the world without you having to waste any time in a post office. postsnap.com

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GLAMOUR 249

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II signs you're on a GIRLS' NIGHT OUT



By comedian Pippa Evans

The whole gang needs the toilet at exactly the same time. You try to all cram into the same cubicle "for larks".

Toilet attendant is angry. You buy lollipops to say sorry.

A total douchebag asks for your number, to which you reply, "It's 0845-In-Your-Dreams!" Then you all turn in unison and swagger off like the Pink Ladies.

Suddenly, inexplicably, you know all the words to Blue's entire back catalogue.

You laugh so hard at your friend's impression of your ex that a little bit of pee comes out.

You hit the dancefloor with that move you *think* makes you look like Beyoncé, but is actually more like Carlton off *The Fresh Prince of Bel-Air*.

6 No one will order chips until someone else orders chips and then everyone orders chips. Moral: just order the chips.

One of the girls starts crying, for no apparent reason. You think she's saying, "I love you all so much," but it could also be, "I can't believe *Gossip Girl* is over."

You try to convince a taxi driver that you can legally fit seven people into a five-seater. He refuses.

You then try to convince the same taxi driver that you are now just five people and that two of you are enormously pregnant.

You decide to entertain everyone on the night bus with a group rendition of *Lady Marmalade*. Autograph, anyone?

You swear you only spent about £40... but then discover three mystery receipts – each for a round of Jägerbombs – stuffed in your purse. #doh

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May 2015 issue on sale 9 April

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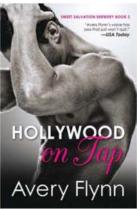
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Glamour's Library... Hot Holiday Reads!



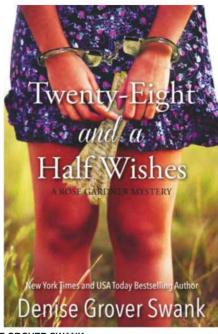
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THE KILLING OF MUMMY'S

"I slit someone's throat," the man told the woman on the 4.20 from Waterloo to Portsmouth. Two strangers. One interest. Murder. When Sandra discovers she's being stalked, she turns to the least likely person for help, with terrifying consequences. Visit www.joan-ellis.com



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Twenty-Eight and a Half Wishes, the first book in the USA Today, and iBook and Amazon UK bestselling Rose Gardner Mystery series. Heartfelt and often hilarious, Twenty-Eight follows Rose as she navigates life and love, all while trying to figure out why someone in her small town wants her dead. To discover more, visit www.denisegroverswank.com



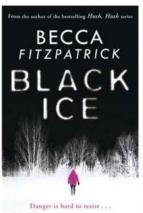
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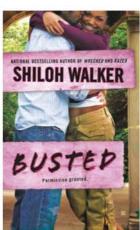


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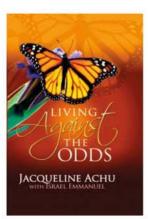


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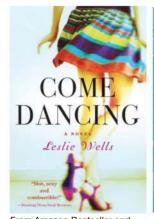


JACQUELINE ACHU

Motivational and inspirational, Living Against The Odds aims to encourage people suffering with long-term health issues and those facing difficulties in general. This book documents the life and struggles faced by Jacqueline Achu, a lupus sufferer passionate about creating awareness of this condition whilst inspiring others towards success and achievement in the face of life's struggles. Available on Amazon to download as an eBook. For more information visit Twitter@Jacquiejayking



The Italian's Twin Surprise, #2 in the extremely popular ELIZABETH LENNOX Hart Sisters Trilogy, tells the heartwarming story of love reunited between the beautiful Janine Hart and her billionaire (unbeknownst to him) baby daddy Micah, after five years of separation. Visit www.elizabethlennox.com to learn more about her 75 fabulous, fast paced love stories, or try a free story to learn why readers are drawn to her romantic tales.



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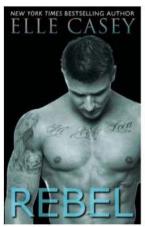
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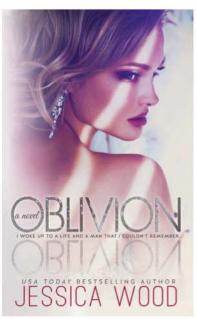
From USA Today Bestselling Author comes the dark romance, Raze. One man stripped of his freedom, his morals, his life. Conditioned in captivity to maim, to kill and to slaughter, prisoner 818 becomes an unremorseful, unrivalled and unstoppable fighter in the ring. Violence is all he knows. Death and brutality are the masters of his fate and no one will stand in the way of getting what he wants. Available to buy through amazon, iTunes and Barnes & Noble. Find out more at www.tilliecole.com



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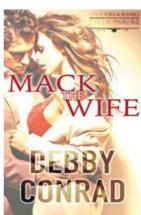
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TARA BROWN

Remember, remember the August 4th bender, a weekend no one is likely to forget. When a girl dies the night her boyfriend disappears, everyone becomes a suspect. Where were you when the lights went out? If At First Available May 2015 purchase at

www.amazon.co.uk/ Tara-Brown/e/B007RS9V30



DEBBY CONRAD

Mackenzie O'Brien believes the only way her overprotective brothers will stay out of her life is if she is married. But how can she marry the man who just accused one of her brothers of murder? A sexy read with a dash of humor and a slice of suspense. http://debbyconrad.com/



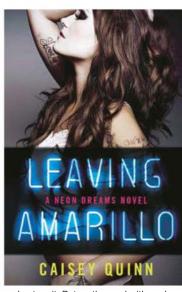
BELZHAR

With the warmth of John Green, the beauty of The Bell Jar and the power of Dead Poets Society, MEG WOLITZER's breathtaking novel about deep sorrow, first love and Sylvia Plath, will strike a chord with readers everywhere. @MegWolitzer #Belzhar



ALISSA BAXTER

Emma has a pattern for falling for unsuitable men and starts a blog about these so-called 'serial datists'. "I absolutely loved this book. Emma is a seriously sassy woman whose sharp wit and tongue portrays her confident nature. Visit www.alissabaxter.com



Leaving Amarillo is a new release for the Neon Dreams series by CAISEY QUINN. Some promises are made to be broken... After my parents died when I was a kid, moving into my grandparents' ramshackle house on a dirt road in Amarillo seemed like a nightmare. Until I stumbled upon my grandfather's shed full of instruments. My soul lives between the strings of Oz, my secondhand fiddle, and it soars when I play. In Houston, I'm a typical college student on my way to becoming a classically trained violinist headed straight for the

orchestra pit. But on the road with my band, Leaving Amarillo, I'm free. We have one shot to make it, and I have one shot to live the life I was meant to. Leaving Amarillo got into Austin Music Fest and everything is riding on this next week. This is our moment. There's only one problem. I have a secret...One that could destroy everyone I care about. Visit www.caiseyguinnwrites.com

Glamour's Dream House...

1. VINCENT AND BARN is an online store offering industrial, reclaimed and rustic style furniture and home accessories. Within their tightly edited range expect to find lacquered iron, painted metal and oiled woods. Featured is their Industrial Schoolhouse Side Table at £135.00. To see more visit www.vincentandbarn.co.uk or call 01183 287088. 5% OFF until 31/05/15 on all orders with Promocode: GLAMMAY.

2. HEART MADE HOME offer beautiful homewares and furniture whether it's old or new. Be inspired by their gorgeous home accessories and unique furniture pieces marrying the contemporary, traditional, shabby chic, vintage and rustic looks to create a beautiful home. To discover more, call

07780 780478 or email www.heartmade-home.com 3. This beautiful, handcrafted bench is available from DWELLING BIRD, a young British Homeware company. Made to order in a selection of striking contemporary and traditional fabrics, each piece creates an elegant feature for your home.

www.dwellingbird.co.uk or call +44(0)1620 248 271 or +44(0)791 736 4493.

4. MILLBROOK BEDS. It's your best kept secret in the bedroom. Traditionally handmade in the UK for almost 70 years, Millbrook Beds are made to order using only the finest, locally-sourced, natural materials to offer the ultimate in sleep luxury. Visit

www.millbrook-beds.co.uk Email enquiry@millbrookbeds.co.uk or call 0845 373 1111.







An Accessory To Style...



SNOWMAN New York brings a bright line of spring rainwear to make your fashion statement fresh! Shop online at snowmannewyork.com and enter GLAMOUR15 for an exclusive 15% off, valid until 02/05/2015. Action Collection rainwear launched February 2015.



MANFREDONIA

Designer Anthony Manfredonia is a New York based luxury brand known for the art of adapting old-world techniques of garment construction and hand finishing, into modern silhouettes. Anthony honed his skills at Donna Karan Collection, Tracy Reese, and Isaac Mizrahi Haute Couture before opening the MANFREDONIA label. Beyoncé recently wore his corset and swimsuit for her "No Angel" video of her recent self-titled album. Find his collections at Red

Vatican London or visit www.manfredonia.us



LINA BRAX is a young talented bag designer. For her, every design is like a work of art that is made with beautiful, precious materials such as luxury leather from Italy and handmade accessories. Lina's designs are sold all over the world, from Paris to Dubai, to women and celebrities who enjoy a little piece of luxury. You can shop the brand on www.linabrax.com

COMFY CLOGS Swedish

samibracelets have finally arrived in London! The incredibly popular bracelets you can see on many stars today, are made of reindeer leather with silver and pewter thread with an antler button. Sizes for children, women and men.

Visit www.comfyclogs.net or call Cecilia on 07815 750340 or 020 8780 9767 to find out more.



EMILY DACCARETT

is an independent LA based designer. She likes to take inspiration from the 60s and 70s combining fit and classic tailored lines with modern simplicity. Her collections are a mix of ready to wear with custom made evening wear and on occasion wedding gowns. Encompassing a small world created for each season. The brand fuses music, film, and fashion and creates short films with each collection. Bringing to life each story in more ways than one. Visit www.emilydaccarett.com



Lifestyle. A interprets a world of fa

Lifestyle. A word that **CLAIRB** interprets as its mission in the world of fashion, offering to those who love the

shapes of Minerva bags the chance to have her in various colours. ClairB believes that every woman is unique and that this feature can be enhanced thanks to their creations. Soft

leathers to stroke and original shapes, colour the days of elegance. Visit www.clairbbags.com



GRACIA FASHION.

Gracia Fashion is a unique young contemporary clothing company known for its creative spin on traditional silhouettes. Whether your personal style is city chic, glam diva, classic or urban – Gracia will continue to rock you with the hottest trend every season. Visit

www.shopgracia.com



IMELDA'SECRET

is a brand designed and hand crafted in Portugal with a striking visual imagery and positioned within the medium-high segment. Its

DNA resides in the combination of exotic textures with unexpected colours and patterns that aim to reflect femininity and coquetry. Spring/Summer 2015 Collection is available online at www.imeldasecret.com Enquiries +351 963011472 rmarquespinto@imeldasecret.com



ZARANKOVA. was founded by Bulgaria native Vesela Zarankova. High quality materials and unique glamorous styling are essential for this brand because the designer seeks an elegant exclusive look, which is comfortable at the same time. Designed and created in USA, the line offers a range of clothing and jewellery pieces that are luxurious yet affordable for the client. To find out more visit www.zarankova.com



AR ARGIR KÖVATLIEV

ARGIR KOVATLIEV. AR by Argir Kovatliev is a fashion brand based in Bulgaria. They produce luxurious garments and cross boundaries to bring the most exquisite and innovative design, closer to their customer. Everything they do, they do with precision. Their pieces are crafted, handmade and structured to perfection. They are as simple as imaginative. Call +359897918959 or take a look at www.argirkovatliev.com for more information.



LISE CHARMEL

imagined a sumptuous range with the refined interpretation of Venetian masks. "Soir de Venise" is the signature of a luxury brand for beauty treatment of an exceptional refinement. The range is available in white or black, to meet each woman's need. Lise Charmel is sold in more than 80 shops in the UK.

www.lisecharmel.com



ANONIMA BY CM

an artistic project which recovers the standards of Haute Couture Embroidery within a conceptual and experimental frame. Its founder and talented designer, Carmen M. Castañeda creates unique, exclusive and numbered handmade creations with a "storyline" as a drawing. Each Series 0.0 has an expression, which, all together, create a full story with beginning and end. Visit www.anonimabycm.com @anonimabycm



IDENTITY PASSION are a new company creating very modern, exclusive leather clothes, which are comfortable, elegant and fashionable as well as universal. Taking inspiration from all the fashion capitals including New York and Milan, the collection also places a heavy emphasis on quality materials including leather and application of Swarovski crystals.



are handmade in Sweden and available in a range of the latest fun and funky styles and colours. Sizes for women and children. Perfect and practical for pregnant women and useful in the house and garden! Real skin Clogs available in a variety of styles. Call Cecilia on 07815 750340 or 020 8780 9767 for a brochure. Visit them at

www.comfyclogs.net



BLUE VELVET,

the home of contemporary and Luxury footwear direct from the heart of Europe, Always one step ahead, they have established themselves on their quality and first-rate service. Visit them at: 174 Kings Road, SW3 4UP, call 020 7376 7442 or visit them online at www.bluevelvetshoes.com

Ambiance Couture is the clothing brand of AMBIANCE OF AFRICA. Its collections Juldeh and AJMaju, are bespoke labels featuring limited edition pieces that meet every woman's need to stand out from the crowd. Designer Adama Maju draws inspiration from her African heritage and explores the fusion of African design with contemporary western fashion combining traditional woven fabric or Ankara print with high quality material including silk, lace and linen. Visit ambiance-of-africa.co.uk





Glitz & Glamour...

1. Introducing the new, Daphne Signature Silver by DU MAURIER WATCHES. This beautiful, collection at www.dumaurierwatches.com or call 0845 5193074. for a chance to win a special gift!

Swiss-made, limited edition ladies watch comes on a pretty pink strap perfect for Spring! Daphne Signature also available on pink, blue, red or black lizard strap £440. See the full

> 2. DARLING CHÉRIE JEWELLERY IS THE AFFORDABLE LUXURY. DCJ offers elegant styles, all with precious metals and the

highest quality cubic zirconias. The Féminité ring ranges from £114 to £117. Visit www.darlingcheriejewellery.com or email info@darlingcheriejewellery.com Enter 'GLAMOUR' note at checkout

3. PHILIPPE AUDIBERT PARIS. Since 1989, Paris artist and sculptor Philippe Audibert creates striking jewellery pieces, by mixing silver or gold plated metal, Swarovski crystals and gemstones. Immediately recognizable for their ergonomic design and the exceptional flexibility, each creations is an original object of art. Visit www.philippeaudibert.com/eshop Contact:

info@philippeaudibert.com / +33(0)142841617. Picture: Zunis Ring from 60€.

4. BARRETT FORD'S handmade wire-wrapped 18K gold jewelry is punctuated by rare and precious stones. Each sophisticated design is a high-end, chic and wearable work of art inspired by Kelley Ford Owen's passion for fine art.

Visit www.barrettford.com or call 1-847-644-8845 for more information.

5. MERCI MAMAN. Celebrate Spring with Merci Maman's Personalised Liberty Bracelet! Choose your favourite charm among 11 designs in sterling silver or gold plate. It will then be hand-engraved with the name or message of your choice in their London worskhop. Spoil yourself to this affordable piece - from £29 - or treat someone special! For more information visit

www.mercimamanboutique.com or call 020 7731 1377.

6. THIS MATERIAL CULTURE are a young, independent jewellery company. They believe that jewellery should reflect your personality and they make and design necklaces,

earrings and bangles with that in mind. They work with quirky charms, vintage buttons and colourful beads, with individuality at the heart of every piece. Visit www.thismaterialculture.com or call 07908 424539. 7. CHINCHARMALONEY is a family owned company that designs traditional and non-traditional jewelry. White diamonds, natural diamonds, gemstones and more. They take a gem nature created and transform it into a stunning work of art. For those who want something handmade and truly original visit www.chincharmaloney.com or email them

at cm@chincharmaloney.com 8. Triangular Quartz Rings are ARIMAS JEWELRY BOX'S signature handcrafted jewellery. Featuring beautifully organic shaped blue quartz resting on triangular textured forms truly add a touch of glam to any ensemble. The bands are made adjustable and available in custom sizes per request. Enter code GLAMOUR at checkout to receive 10% off your entire purchase and free gift packaging (expires 31/7/2015). Visit www.ArimasJewelryBox.com

9. CEYDA ÜÇYIĞIT. A Central Saint Martins graduate, Ceyda Üçyiğit was the winner of the Boodles Award 2013 for the most inventive collection without losing commercial potential. Ceyda was also selected as a finalist for the Swarovski Runway Rocks Show 2013 Shanghai, for her impressive use of raw materials mixed with Swarovski Elements. Visit www.ceyda-u.com or contact c.ucyigit@hotmail.com

10. PECARA offers a range of high quality hand-crafted sterling silver jewellery for women and men. Some pieces can be personalised with names, dates or words of your choice. Jewellery can include charms, gems, copper or brass. Visit www.pecara.co.uk or call 07593 688060. 11. GATESI is dedicated to the design of exclusive, unique and contemporary jewels. The pieces are completely handcrafted, thus, no two pieces are the same. Gatesi is constantly looking for new forms, new lines and combinations, also using mathematical

ratios. www.gatesi.com

12. MARIA JOSE FABREGA Jewelry designer born in Quito, Ecuador, Maria Jose has always found inspiration from her surroundings, being exposed to a great variety of nature she is interested in finding that place in jewellery where creativity and nature meet. Silver and natural elements are used to highlight the idea of giving nature a second life within jewellery, allowing the pieces to be

info@mariajosefabrega.com or visit www.mariajosefabrega.com 13. BAM-BOO JEWELLERY offers a unique range of contemporary hand-made silver jewellery. Designer, Jade Hibbert, demonstrates an organic theme in her work, her love for silver and gold is inspired by things she can see but can't fine. For more information visit www.bam-boojewellerybyjade.weebly.com or email Jadehibbert@hotmail.com















Baby On Board...

1. BOWS FOR YOUR **BELLAS** is a small boutique with handcrafted fun and fashionable hair bows for babies and girls all around. They use fun themed hair ribbon so that each girl can pick something out to match their personality and style.

They ship worldwide and can be reached at www.

bowsforvourbellas.com and by phone +1 516-587-1584. 2. LITTLEHIPSTAR. With a name like littlehipstar, what else can you expect other than a hand-picked selection of only the hippest and the best? Discover a carefully curated collection of baby clothes, shoes, accessories, toys, and books from the world's most standout brands - all showcased in an easy-to-use, beautifully designed online

shop that will keep you coming back time and again. Visit www.littlehipstar.com 3. "Sassy and Fun outfits for Boys and Girls". SASSY LOCKS offers a large selection of personalised outfits ranging from newborn take home outfits up to age 5, there is something for everyone!

Visit www.sassylocks.com 4. CHLOE & TATUM. For the love of all things luxurious and lovely, meet Chloe & Tatum, a luxury brand that delivers high quality, high fashion pieces to only the most fashionable girls ages 2-8. Luxe

Fashion For Your Little Lady. Shop Chloe & Tatum online now at www.shopchloetatum.com (Photography: Dyan Kethley Photography). 5. BURBLE BABY is a new luxury on-line boutique specialising in charming

hampers and gifts for new mums and their babies. Make the festive season glitter with exquisite handmade shoes for baby and truly thoughtful gifts that will leave new mums dazzled! Visit

www.burblebaby.co.uk 6. LIL' GIGGLES COUTURE specializes in girly vintage inspired clothing and hair accessories. Perfect for weddings, birthdays, photo shoots, and everyday wear.

Shop at www.lilgigglescouture.com or email lilgigglescouture@gmail.com for enquiries. Use code GLAM for 20% off until 30/06/15

7. PEEL, STICK & DOCUMENT **DARLING MOMENTS.** From baby monthly stickers to nursery art prints, closet dividers to baby memory books, Lucy Darling offers unique and modern baby products every mum will love. Responsibly printed with natural

inks. 10% off! Enter Code: GLAMOURUK10 at checkout. (Exp. 8/5/2015). Visit www.lucydarlingshop.com

8. CLOTHIES baby burp cloths are stylish accessories for your new baby or as a perfect mum-to-be gift. 100% cotton designs & soft super absorbent fleece backing. Great looking and wonderfully practical. The modern mum's alternative to muslin's. Visit www.clothies.co.uk Sets of 3 £14.99 + Free P+P.

















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smooth

appeal

facial hair remover wax

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2. ZUZKA NATURAL BEAUTY is

an exclusive botanical skincare range designed by herbalist and beauty specialist Susan Kohutova. Zuzka's "Ocean Spa Cool Blue Contour Day Cream" is a refreshing, light textured, easily absorbed cream, rich in sea minerals to greatly hydrate the skin and reduce the appearance of fine lines and wrinkles. Peps up tired looking skin. Smells divine.

Suitable for all skin types. Available from www.

zuzkanaturalbeauty.co.uk 3. Start your week off right with the **PERFECT IMAGE** Pineapple Pumpkin Enzyme Peel. Enhanced

with natural extracts of papaya, pineapple, pumpkin, green tea, and cucumber which contain properties that promote clarity,

and an overall increased appearance of the skin. Come experience the difference at www.perfectimage-llc.com 4. COLORSPORT RAPID LASH-GRO EYELINER, an innovative liquid eyeliner and lash enhancing treatment. Provides rich, long lasting colour that defines eyes with a crisp, thin, precise line whilst enhancing the appearance of eyelashes' length, thickness

and fullness. Available in black and dark brown. Visit www.beautyandthebunch.com or call 020 7299 7410. 5. YOSO BEAUTY launches the exciting and innovative YOSO PRO, a 3 step deep cleansing skincare system using Ion technology. The YOSO PRO will revolutionise your daily skincare regime to further enhance cleansing and moisturising. To find out more visit www.yosobeauty.co.uk

6. CCJBEAUTYDIRECTACCESSORIZE. Trusted Authentic Waist Trainer supplier for all Shapewear Waist Trainers Cinchers and Faja's Butt Lifters High Compression garments made to give you an hour glass figure as seen by Many Celebrities special discount code Glammag1 20% on any Brand on site www.ccibeautydirectaccessorize.com Offer expires 02/05/2015.

7. NATASHA DENONA'S BODY GLOW is an ultimate oil-free, non-sticky and water resistant body fluid, giving a healthy and radiant glow. Quick-drying, touch proof. Comes in 3 neutral shades: light, medium, dark. The dark shade may be used for a sun tanned bronzing effect. Available only at:

www.natashadenona.com or call 020 7299 7410. 8. SMOOTH APPEAL MICROWAVE FORMULA FACIAL HAIR REMOVER WAX is a microwaveable wax enriched with soothing aloe vera, calming tea tree and vitamin E, for silky smooth, soft, hair-free skin. Suitable for sensitive skin. Visit www.beautyandthebunch.com or call 020 7299 7410.



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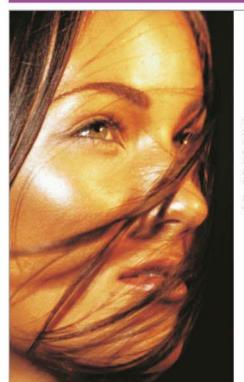
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DOS&DON'TS

What's black and white and chic all over? (Most of) these stars' outfits...

















By Laura Johnson. Photographs: Splash News, Mirrorpix, Rex Features, Xposure, Wenn, FameFlynet





Why we love Rosie

y favourite kind of people are the ones who can laugh at themselves. For instance, there's the wonderful Rosie Huntington-Whiteley, who told me about an event she'd been booked for, where she INSISTED on not just being the pretty girl on stage and wanted to make a short speech about the product she was endorsing. Only to muddle up the crucial brand name at the important moment. "I mean, I didn't have to say anything, but I insisted!' she said, laughing and cringeing. I, for one, hope the brand in question forgave the nicest supermodel in the world.

Oh and I love these, too

Hey comfort, meet sparkle. It's crazy that you two haven't met, because you would be PERFECT for each other.



drunk furniture

A GLAMOUR prize to the first person who buys this hilarious book and guesses correctly which piece of 'drunk furniture' I photographed for it. Drunk Furniture is out on April 23

I'm obsessed with nautical fashion

In fact, most of us must be, because it's an enduring classic which now warrants a coffee-table book dedicated to its history. Hours of inspiration and all-round eye orgasms. Nautical Chic by Amber Jane Butchart is out now





My new declutter weapon

My long-suffering husband suffers most when it comes

STORED to wardrobe space. But he knew the risks of

marrying a fashion mag editor, right? Still, this genius company has all but eliminated one of our most regular rows. ByStored send a friendly, snappily dressed man to collect your clutter (in my case it's things like winter coats in summer), whisk it away and, with 24 hours' notice, bring it back when you need it, from £5 a week. If your storage space is precious and limited, check them out at bystored.com

Photographs: Sudhir Pithwa, Andrea Simms

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